# CYCLING WEST

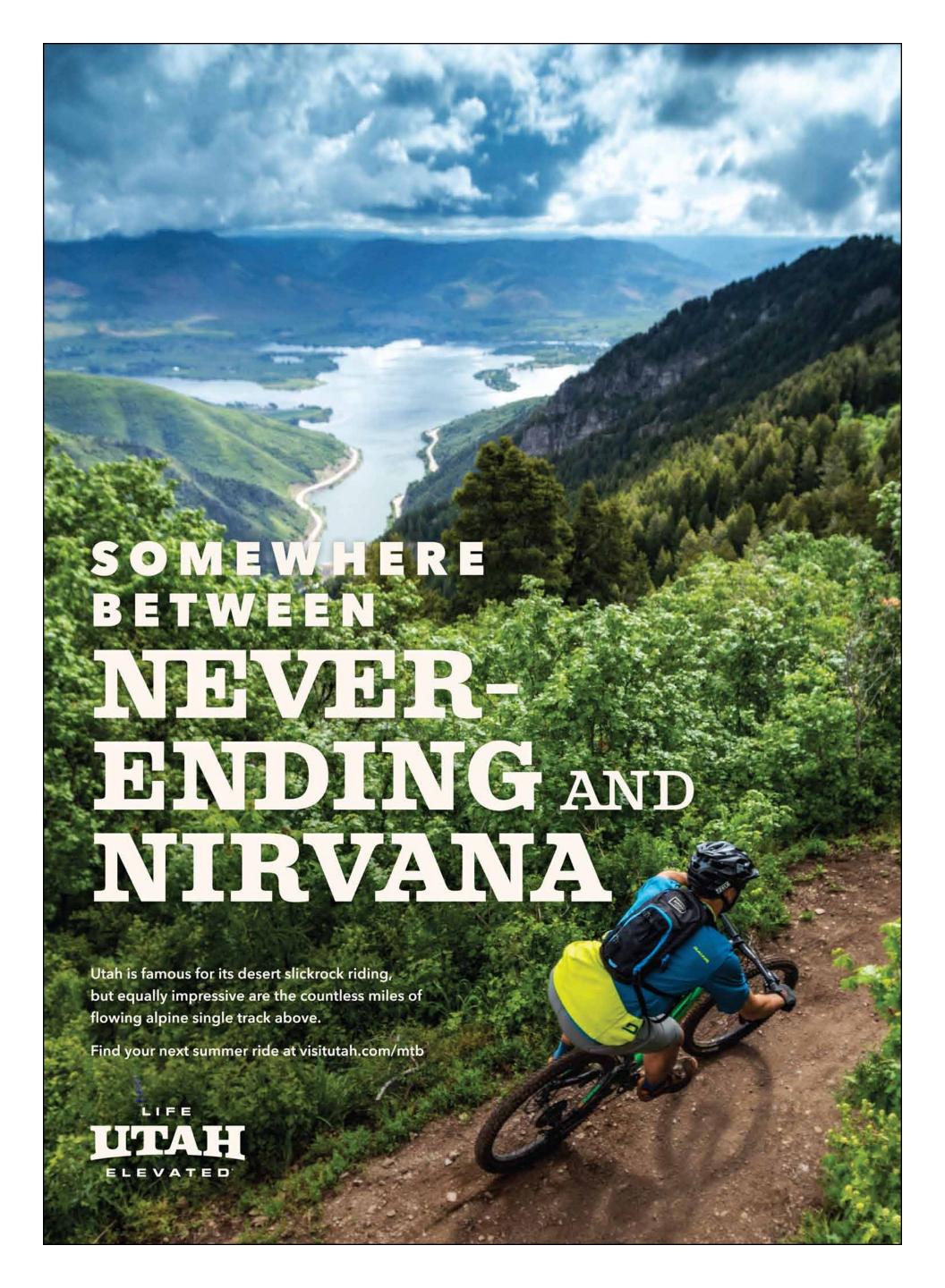
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# 2020 EVENT CALENDARS INSIDE!

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ROAD · MOUNTAIN · TRIATULON · TOURING · RAGING · GOMMUTING · ADVOGAGY





#### **CYCLING WEST**

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Cover Photo: Rachel Cieslewicz rides Big Cottonwood Canyon during the 2019 Porcupine Hill Climb. Unfortunately, the race was cancelled for 2020, but the canyon is open for cyclists.

Photo by Dave Iltis

#### **BICYCLE TOURING**

# La Joya de la Corona of Staycations



Roger Crandall on the Jordan River Parkway at the start of the Oquirrh loop tour. Photo by Tom Jackson

By Roger Crandall

#### A Bike Tour Around the Oquirrhs

Have you spent enough time staying home away from the coronavirus? Do you want to branch off on your bike because you have gone everywhere you can go; both north, south, east, and west in Salt Lake County? Do you want that out-oftown experience? It's time to take the "Crown Jewel of Staycations" and make some memories on your bike expanding your horizons!

When my Cinco de Mayo was a no show bust, I took off on el seis de mayo for "El Gran Vuelta de las Montañas Oquirrh from right here in beautiful downtown Valle del Oeste, Utah. (Yes, old Spanish teachers never die, they just keep playing with words!)

I'd be getting a crown over my root canal job the next week, but before that, I wanted to do some bike touring around the Oquirrh Mountains which I had been planning for years. As I told my dentista, I told my Costa Rican wife, "yo quiero la corona, menos el virus."

If you only have one day to "live", just hop on the Frontrunner train and ride down to Thanksgiving

Point. Then head east going up to the Murdock Trail passing over Orem, with views of the whole valley. Ride into exotic Provo for a good dinner, then you can catch the train for the ride back to Salt Lake City. At least you got out of town!

If you really want a trip and a half, or at least half of a trip, take the 3-night, 4-day loop trip around the Oquirrh Mountain chain and have a real bike touring experience that includes a little bit of everything!

On Wednesday, May 6th, I left my home in West Valley to ride the Jordan River Trail to Lehi, just 33 miles to the Willow Park campground, which the bike trail goes right through, so you can't miss it. Though there was space for 12 thousand cyclists, I was the only one camping. It's \$20 per campsite for one cyclist or for a small group staying in the same site. There are no showers in the bathrooms but at least they were warm. If you don't do your own cooking, you can get to the fast food joints just west a mile or two around Redwood Road.

Day two, I headed west toward Fairfield and Camp Floyd State Park. It was only 16 miles from Redwood Road, so I wanted to extend my trip by checking out Eagle Mountain and get on the old Pony Express Trail. There is a part just for hikers and bikers. The historical markers

overlooking the valley to the west are first rate and a must-see stop that explains that period of our history. As a Spanish/History teacher I was déjà vu-ing big time. I mounted my trusty steed named "La Negra", which is my Bulls Lacuba EVO E-bike, and rode like the wind to the next way station for another close encounter with history.

At old Camp Floyd in Fairfield, the Union Army built the largest encampment in the U.S. and it became the third largest city in Utah at the time. They were here to put down the Mormon Rebellion that never really happened, but the South's sympathizing Generals were able to divert troops away from any skirmishes that would involve them in the coming Civil War.

The museum with its introductory video is a must see and the price of entrance includes a visit to the splendid Stagecoach Inn. Unfortunately, there is no camping for cyclists in the town of Fairfield, so I was told to head on up the road for 5 miles to Five Mile Pass Recreation Area where you have miles of wilderness stealth camping in the sagebrush. There is no water but there are toilets in various places. You must contend with the noise from the ATV crowd till at least sundown, but the camping was free, and peace reigned through the night.

Day three, I carried on from Hwy. 73 west, then north on Hwy 36. If you want some more fun, go east into the Oquirrh Mts. to visit the semi ghost towns of Mercur and Ophir. I just pressed on to Stockton, minus Karl Malone, and had lunch at their General Store where I spent my little "dollaritos" to help the local economy. The highways out there don't get much traffic, and everyone was courteous and moved over when there wasn't much in the way of a bike lane. The rumble strips were generally out of the way and I could ride around them fairly easily. A few climbs and some downhills and I arrived in Tooele "sin problemas".

Continued on page 4



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The Eagle Mountain area has great signage for the Pony Express Trail. Photo by Roger Crandall



Roger Crandall at his campsite in Paul McClatchy's backyard, with Paul's dog Scout. Photo by Paul McClatchy

# Oquirrhs Tour Continued from page 3

From there, it was all downhill toward Stansbury Park where my good friend, Paul McClatchy was giving me the first class WarmShowers treatment of a delicious dinner, breakfast, and the best camping ever in his backyard. After three days on the road, the warm shower was most welcomed and needed so that my hosts could stand

me at their dinner table.

On day four, I sped around the Oquirrhs on I- 80, (yes, it is legal on that stretch of freeway) until I encountered the turn off to Hwy 201. The noise on the highway sucks, and you have to watch out for the rumble strips, but it all goes by in just 10 or 15 minutes so you can handle it. Take the first turn off Hwy 201 into Magna and then stop for a beer or sandwich and contribute something to help keep the economy of Magna alive; they can use it!



A typical bike touring campsite at 5 Mile Pass with the Oquirrh Mountains in the background. Photo by Roger Crandall



The Stockton General Store is a good place to get refreshments and sup plies. Photo by Roger Crandall

So, if the coronavirus has got you down, "toma la joya de la corona" and try this staycation as your highway to adventure and enjoy the ride of your life, or at least get some life back into your ride.

#### Side Notes:

Two interesting side lines to my trip that I encountered and will pursue later was a visit to Electrify Bike Co. just west of Gardner Village. They can turn just about any bicycle into an E-bike; so that is something

in the future for my tandem to help my wife and I get up the mountains. If you want to "cheat" your way into the future, check out <a href="https://www.electrifybike.com">www.electrifybike.com</a>, 801-997-0550.

Secondly, for tired cyclists, I came across a most interesting Crystal Water Spa in downtown Tooele where you can soothe away your aches and pains floating in a "dreampod" and a whole host of exotic therapies. Crystal Water Spa, 40 West Vine Street, Tooele. 435-882-1339.



# Mountain West Cities Named Bicycle Friendly Communities

Montrose, Colorado just joined the family of bicycle friendly communities (BFCs). It was the only new BFC in the Mountain West issued in the League of American Bicyclists latest round of awards. Montrose earned the lowest award level bronze. Silverthorne, Colorado moved up one notch from bronze to silver, and Springville, Utah earned honorable mention.

Designations last four years. Montrose applied in 2015 and received honorable mention. The Montrose Area Bicycle Alliance spearheaded the effort and promises to keep making improvements to try to earn a higher rank in 2024. The Parks Division includes 30 miles of paved trails. The city added a Connect Trail running through town with only two traffic intersections, bike lanes on streets and 30 miles of mountain bike trails. The city added new bike classes, installed downtown bike racks and sponsors a Bike to-Work Day.

Silverthorne improved by adding a 3.8-mile Blue River Trail, sponsoring bike events and improving mountain biking trails.

Springville, meanwhile, had hoped to get a higher nod. The Hobble Creek Bicycle Association spearheaded the application. "We are shooting for bronze status with this first application, with the hopes of being able to move up to silver status in four years,' the association stated on its web site when it applied with the city in February. "The application was long and detailed and took a significant amount of input from city officials to get it done, but it was very eye-opening to the kinds of things that the city and our asso-Springville more bicycle friendly.'

The city is continuing to improve, adding new bike lanes in May, for instance, with more on the way, so higher rankings are sure to come.

-Charles Pekow

#### **BIKE SHOPS**

# Best Practices For Bicycle Retailer COVID-19 Safe Operations



Contender Bicycles has instituted several safety practices to prevent coronavirus transmission. Photo by Dave Iltis

#### By Salt Lake Valley Trail Society

We have developed this guide for bicycle retailers in an effort to keep the bicycle community safe during this pandemic. In consultation with the Salt Lake County Health • Department, these protocols meet or exceed all current CDC and CISA recommendations and are designed to allow for the continued operation of your essential business. Please use this as a guide and stay current with the health department and CDC recommendations.

#### **Protecting Customers:**

- As much as possible, interact with customers outside.
- Staff dealing with customers should maintain a 10-foot dis-
- Staff dealing with customers indoors should wear masks Utah Leads Together 2.0 recommendation for all retail businesses that employees should wear face coverings).
- Customers should be limited to 1 per 500 square feet of retail showroom space.
- Customers should be encouraged to wear masks.
- might consider:

- Pick-up and delivery service
- Locked door policy (staffed or phone and we will answer door)
- Appointment only showroom
- Use outdoor repair check-in and pick-up, sales and service as much as possible
- Conduct daily sanitizing of retail space including phones, countertops, door handles, tools, pumps, bathrooms and other surfaces that customers may come in contact with.
- Encourage card payment methods with machine sanitization
- Post a sign requesting that customers with Covid symptoms not enter the store.
- When exchanging paper and coin
- Do not touch your face afterward.
- Ask customers to place cash on the counter rather than directly into your hand.
- (This is consistent with the Place money directly on the counter when providing change back to customers.
  - Wipe counter between each customer at checkout.
  - Move the electronic payment terminal/credit card reader farther away from the cashier in order to increase the distance between the customer and the cashier, if

#### **Protecting Employees:**

- Limit employees to 1 per 500 square feet or 1 per room (bathrooms, storage and changing rooms excluded), whichever is
- Maintain 10-foot distancing for employees.
- Avoid having employees work across from each other.
- All bicycle contact surfaces should be sanitized before and after service.
- Demo/rental and test ride bikes should be cleaned and sanitized
- Screen and identify employees with symptoms of illness consistent with COVID-19 and send them home.
- If tested, don't allow employees to work until test results have been received and employee verified as negative.
- Discourage handshaking encourage the use of other noncontact methods of greeting.
- Reinforce key messages about coughing and sneezing etiquette and proper, regular handwashing.
- Disinfect and clean regularly common surfaces, such as counters, work areas, door handles, doorknobs, railings. (Depending on the shop being open and type of shopping this may need to be hourly, whereas if an appointment you know areas that have been contacted).
- Use signs, markings, tape or other means to ensure employees and customers maintain appropriate social distancing, including in lines.
- Have hand sanitizer or other sanitizing readily available for customers and employees.
- Encourage and make available

- masks and gloves for employees, even if they don't deal with customers.
- Workers should be encouraged to work remotely when possible and focus on core business activities (at-home bicycle assembly?). In-person, nonmandatory activities should be delayed until the resumption of normal operations.
- Consider the impact of workplace sick leave policies that may contribute to an employee decision to delay reporting medical symptoms. Sick employees should not return to the workplace until they meet the criteria to stop home isolation.
- Conduct frequent cleaning of employee break rooms, rest areas, and other common areas.
- Implement a system in which workers rotate into the cashier station to allow cashiers to leave the station to wash their hands regularly.
- Remove or rearrange chairs and tables or add visual cue marks in employee break rooms to support social distancing practices between employees. Identify alternative areas such as closed customer seating spaces to accommodate overflow volume.
- Be aware that some employees may be at higher risk for serious illness, such as older adults and those with chronic medical conditions. Consider minimizing face-to-face contact between these employees or assign work tasks that allow them to maintain a distance of ten feet from other workers, customers and visitors, or to telework if pos-
- · Inform employees who are well but who have a sick family

member at home with coronavirus should notify their supervisor and refer to CDC guidance for how to conduct a risk assessment of their potential exposure. If an employee is confirmed to have coronavirus, employers should inform fellow employees of their possible exposure in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA).

#### **Protecting vendors/deliveries:**

- Maintain 10-foot minimum distancing.
- Minimize or eliminate in person gatherings of vendors and employees occurring for marketing and product education purposes.
- Accept shipments out of doors.
- Utilize gloves when signing for, receiving, unpacking and handling goods.

#### Why are we recommending 10 foot distancing and masks?:

1.https://www.wnycstudios.org/ podcasts/radiolab/articles/dispatch-

#### More information available:

1.https://www.cdc.gov/ coronavirus/2019-ncov/community/ guidance-business-response.html 2.https://www.cisa.gov/sites/default/ files/publications/Version\_3.0\_ CISA Guidance on Essential Critical Infrastructure Workers 3.

3.https://coronavirus.utah.gov/theutah-leads-together-plan/

#### See for disinfectant methods:

1.https://www.cdc.gov/ coronavirus/2019-ncov/community/ disinfecting-building-facility.html



#### **METAL COWBOY**

# A Shining Moment On Mt. Hood: How To Ride Down Winter In The Middle Of July

#### Bv Joe Kurmaskie

"That's your job in this hard world, to keep your love alive and see that you get on, no matter what." Stephen King, The Shining

Pacific North Westerners did not invent clever names for athletic events, but it was wordsmith worship that attracted me to my first Summit To Surf diabetes charity bike ride. With its catchy name I fully expected to drive to the top of a mountain, plant a front fork at the driveway of Mt. Hood's historic Timberline Lodge, then clip in for a bone shaking ride, a near vertical run, some sort of a tuck and go like hell, all the way to the Oregon Coast.

Instead, a couple thousand of my friends and neighbors assembled outside of a one room schoolhouse in Welches, Oregon for 15 miles of slow going, up and over Barlow Pass, before coasting 30 gentle clicks to the water's edge - Hood River and the "surf" of the Columbia River.

Don't get me wrong, Barlow Pass is a lovely spot on the planet, but it's a far cry from the rarefied air of Timberline - the prize waiting for me at the tip top of a crooked and steep fortress of stone, something Dr. Seuss might have drawn on a frisky day. Or so I was told. I'd never been to the lodge. If I'm going to rise at the crack of dawn, work those pedals in a way that resembles a gerbil of crack, play my gears like a concert pianist performing Rachmaninoff, than at the very least, pay my efforts with a million dollar view and architecture listed on important registers. Not to mention that while Barlow Pass pedaling may sound like a formidable accomplishment, when I found myself drafting behind a school group of sixth graders hardly out of breath, drastic measures were called for. Someone throw me a testosterone life preserver, stat, then point out the turn for Timberline.

Two bike lanes diverged in the Oregon woods and I took the one less pedaled. I took the one that held the promise of hypothermia, blowing rain and icicles forming on one's chin at the tail end of July. My rescue came in the form of a small addendum to the official Summit to Surf brochure; something I'd missed until it was nearly too late, a lastminute Timberline Lodge option for those hearty souls who find pain and suffering their stock in trade. With a gleeful wave, I bid farewell to the elementary school set, peeling off their raggedy back wheels was the sort of liberation on par with graduating from the kiddy table at holiday

Once away from the crowds of casual riders - folks in their funny hats, theme music, bells, event T's and dusted off garage rafter bikes, I searched for a rhythm I could live with as the earth began to tilt up. I knew to pace myself on what would be my lonely flight of folly to the top



Joe Kurmaskie coming down from Barlow Pass to Hood River as part of the Summit To Surf Diabetes Association Charity Ride. Photo by Gail Davidson of the world

of the world.

Only in Oregon though, can a man commit such a brazen act of independence on two wheels and find himself followed into the breach by a rowdy armada of blue blooded cyclists, fellow inmates from the Lycra monkey house looking for a challenge that might very well put some of them on the evening news or in the hospital.

"Heard they're offering medals to those who make it to the lodge," This from a man twice my age who had apparently given up all signs of body fat the way others kick hard-core vices such as heroin or hookers. And he was about to kick my ass off the mountain if I didn't pick up

I nodded to conserve energy in case he made a run for it mid-

"Only for those who make it back down again," added a serious young man in front, probably a triathlete using this as a training ride. He shook his head as if the concept of medals was laughable.

"Medals? Baah... There's hot chocolate and homemade pie at the Timberline turn around rest stop," the old man's sidekick said, his son perhaps judging from body type and crooked grin.

Now I do like my pie, but the way I was sweating, hot chocolate just seemed silly. But a medal now, that didn't sound out of proportion. I fell in behind them and had a look around.

I counted eight of us in all. A pair of pretty boys - the sort ready run for it mid- at a moment's notice to step in





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as Bicycling Magazine cover models. These posers would be the first to drop when the going got tough. Never dress like a Tour de France team member unless you're actually in that race, and never ever ride more bike than you can use to successfully pass others. It's a dead giveaway.

The big guy midway back in the pace line, now he was the one to keep an eye on. Resembling a whiskey barrel which had managed to defy gravity and mount a bike, his tan lines told the real story. This barrel of Booker Noe rode four or five times a week. Anyone strong enough to pull that much heft uphill, while carrying on a conversation, was a bear.

Don't poke the bear.

The woman using him as a wind block? Poster child for the Pacific Northwest outdoor lifestyle. A peek in her closest would reveal more Gore-Tex shells than cocktail dresses, her bathroom stocked more Carmex than lip gloss and her garage was jammed with wind surfers and snowshoes, leaving just enough room to park the Subaru.

I could love this woman, if only I could find enough oxygen to introduce myself.

Rounding out our band of Timberline hopefuls was a husband/ wife team on a tandem. Tandem riders fall into two camps: those who wave and smile at anything that moves, as if in training for the Rose Bowl Parade, as if a soundtrack accompanies their every pedal stoke, one featuring classic hits for 1976, Skyrockets in Flight, Redbone's Come And Get Your Love, and Frank Valli's Oh, What A Night, and then there are those who work for Boeing as structural engineers.

The engineers were bringing up our rear. scowling, determined, all systems go.

Every few miles of elevation gained the group access to a new ecosystem. Arboreal forest glistening in the sunshine gave way to sub-alpine with its puffy clouds and crisp breezes, before handing us off to growing shadows across alpine meadows.

Somewhere between admiring natural girl's calves and thinking about fine hickory smoked whiskey, the temperature dropped forty degrees and the rain began to fall...

As under prepared as I felt for this assault of elements, my rear pannier held a trove of clothing options compared to most of my compadres. Only the triathlete and the engineers kept going when the pace line stopped for a wardrobe change. The flimsy windbreakers and thin fleece being donned were laughable, but it was all my fellow cyclists had. I lent a layer to the old guy's sidekick, who mouthed "thank you", but what I chose to hear instead was "hot chocolate". It didn't sound so silly

When we caught the stoic couple on their two-seater, they'd managed an in-motion head-to-toe clothing transformation. Mussolini would have been proud.

For another three miles we concentrated on making little circles with our pedals, battling back that

coppery taste of blood in the back of throats as conditions deteriorated at cartoon velocity.

"It ever snow in July?" I asked, realizing, even as the words left my mouth, that images of Mt. Hood always, always proudly display snow on them.

Whiskey barrel seemed not to notice the icy rain or biting wind, but one of the two pretty boys was grunting and barking, making a spectacle of himself, the other suffered in silence. That's when the lodge came into view.

I had to wipe my glasses twice before it registered. This being my first time setting eyes on the famed landmark, it jolted me upright in my saddle. Even through blinding rain and wind gusts strong enough to blow a bike right over the edge if one wasn't mindful, the front facade of Timberline released a fight or flight burst of adrenaline, mixed with so much emotional vertigo that I had to grip my handlebars and bite down hard not to lose my place in the pace line. Crashing everyone to the ground is considered poor form on any ride.

Something hot and damp danced down my spine.

"Wait a minute, this looks..."

Sidekick nodded. He knew where my head was at that moment.

"Here's Johnny!" He howled, waiting me out. "You really didn't know they filmed the exterior shots for "The Shining" here?"

I shook my head. Rain flying off as the stark realization leaked in.

Struggling the final yards into the parking lot brought it all back. Forced to view the film way too young, every reel of that movie had left an impression. One sweltering Florida afternoon of terror. Mom claims she didn't even look at the title, she just saw the movie poster with all that snow, knew the theater was air conditioned and took in whichever family member happened to be in tow. Me.

Later, when questioned by my older sister as to what she was thinking taking me to a Stephen King horror film, Mom pointed out that she was a Florida housewife with four children during humidity and cockroach season. An unkempt axewielding Jack Nicholson seemed laughable in comparison.

Now here it was in the flesh... or stone and masonry. Scaring the crap out of me all over again.

As soon as we came to a stop something else sent fear through

"Where's the hot chocolate?" someone whined.

Several tables with party skirting stood abandoned beside a locked, darkened lodge.

"Where's the rest of the rest stop?" Triathlete pointed at a white blob hanging in the low branches of a Spruce tree. Upended and covered in mud, the party tent invited anything but celebration.

When Dan Stathos introduced the bicycle bill back in 1971, I wonder if he ever envisioned that funding projects would lead to cyclists behaving in such a manner so early on a Saturday morning. Probably, after all, Oregon rarely tells its people what they can't do in the name of physical fitness.

A murder of crows flew a tight formation over the tables, landing only long enough to pick at the mushy remains of breakfast muffins.

I do believe that's when the pretty boys lost all hope.

Whiskey Barrel yelled something, but gale force winds swallowed it

"At least it's stopped raining." I heard when he tried again.

And there it was, the core Oregonian spirit embodied in a rolling barrel of Booker Noe and Columbia Sportswear windbreaker. The eternal optimist facing down ridiculous meteorological conditions. It reminded me of British explorers stumbling about, frostbitten from days on the polar ice, asking only for a spot of tea before it's back into the breach with them. I would do well to emulate the big man, seeing as we had recently chosen Oregon as our

Not storybook flakes, sleigh bells and caroler conditions, but a swirling, dervish of chaos. A cold, white whirlpool of loathing. I took one last look at the haunted house of my childhood - a regal structure made so wrong by the magic of Hollywood and headed for the low country as fast as my legs would send me. Echoes of "Redrum, Redrum," nipping at my heels, ice and snow stinging my face.

I assumed everyone followed, but did I take an actual inventory? There was still a bit of east coast in me that needed to be purged. In time, I learned the customs of our region, a land where people made eye contact, conversed in coffeeshops with complete strangers, and held doors open for no other reason than... it's the right thing to do.

Not until I was safely back into the warmth and light, rolling across the finish and into the feed line, did I notice we were a couple of people short. Tandem couple offered a nod, nature girl held her face to the sun, whiskey barrel already had his plate, the father and son team were showing off their medals, but the pretty boys and triathlete; absent. I scanned the bike corral for their expensive

A woman with a clipboard, radio and red ribboned medals came to

"You guys slipped up the mountain before we could close the road. Congratulations." She handed us our

"We had to send an ambulance for two other riders. Hypothermia."

"Who called it in?" I asked. "That guy."

When we followed her finger, it led right to our Triathlete, sucking

That's when it started to snow.

Falling Down in Public Finding Balance

On and Off the Bicycle

JOE "METAL COWBOY" KURMASKIE

down a power drink, still in the saddle. As if on cue, he pedaled away, in the direction of the mountain. More than likely riding the course in reverse, back to his car.

You know he didn't take a medal. The only true Oregonian among us

Of course, being a vain little creature in spandex, I kept mine. I did put in a good word so that the pretty boys in the hospital would get theirs as well.

It's another summer. Two roads diverge in the Oregon woods and like a good hunting dog, one that can't keep put on the porch, I gear down and head up the hill for another crack at it. Another chance to leave none of my neighbors behind. The chance at another shining moment on Mt. Hood.

Joe Kurmaskie is a journalist, syndicated columnist, and contributor to numerous magazines including Outside, Bicycling Magazine, Men's Journal and Parenting. He's a bike advocate, activist, found of Cadence Press, and a Random House author of seven books including Metal Cowboy, Mud, Sweat and Gears and A Guide To Falling Down In Public.



#### **MOUNTAIN BIKING**

# Interview with Mountain Biking Legend Ned Overend



Ned Overend in his home workshop. Photo by Dan Escobar

#### By Anthony J. Nocella II, Ph.D.

Anthony Nocella: I am excited to interview you, Ned, for Cycling West. I had posters of you all over my room growing up. You are a big reason on why I raced mountain bikes professionally. What was your motivation to get into cycling, and what kind of support was significant when you were starting out?

Ned Overend: In 1980 I was living in Durango and having some success as a trail runner (Pikes Peak marathon etc.) and like all runners I got injured. I couldn't run, but I could still ride, and cycling was an outlet for my fitness and desire for competition.

The Iron Horse Bicycle Classic was a big local event and it inspired me to try road racing. I started racing the Colorado road race circuit and in 1983 I got picked up by the Raleigh team to race the Coors Classic. My teammates included Andy Hampsten and Steve Tilford, two athletes that I would learn a lot from in the following years.

At the time, I was working at a bike shop and trying to decide whether to be a pro road racer or a pro triathlete when mountain

bike racing was taking off on the West Coast. The biggest series in the US at the time was the Pacific Suntour Series. I drove out to the West Coast and won a couple of those events.

The bike shop was a Schwinn dealer so I called Fred Teeman at Schwinn; Fred was the manager of their BMX team and he said he was interested in mountain bike racing, so that was the start of a relationship that lasted until 1988. Then I met Mike Sinyard, the owner of Specialized, and I have been with them for the last 30-plus years.

Ed Zink, the owner of the bike shop and the promoter of the Iron Horse Bicycle Classic was an important mentor for me, not only in those early race days, but all the way up to last year when he passed from a heart condition. Before working at the Mountain Bike Specialists bike shop, I was a car mechanic. Ed let me work at the shop while I focused on training and racing.

AN: Could you imagine in the late 1980s that mountain biking would be as huge as it is now? What has been the most exciting advancement in mountain biking, in your opinion?

NO: Ha! There are so many technical advancements, the early bikes are primitive compared to what we are riding now. We're talking about fully rigid bikes, 26 inch wheels, 45 PSI in the skinny (1.9) tube type tires to keep from flatting, pedals with toe clips and straps, friction shifting (no indexing clicks to find a gear), rim brakes, etc. In spite of that it was still fun.

I would say efficient full suspension made a huge difference in control and performance of mountain bikes, followed by the 29-inch wheel. Disc brakes are a big advancement as well.

AN: A lot of people wonder this, but you might have the answer on why doping has not been as significant an issue in mountain biking compared to road cycling.

NO: That's a complicated question. In the mid 90's doping was a problem in mountain biking.

It seemed like in a few short years the US riders like Tomac, Tinker, and I went from winning several World Cups a season to struggling to place in the top-five. This is not an unfounded accusation, but many riders from that era went on to test positive or admit to doping during that time, including Jerome Chiotti, who was the 1996 World XC champ. Chiotti had come over from road racing where they had a serious drug problem.

I believe mountain bike racing is pretty clean these days, especially in the US. There is a strong anti-drug culture that has been reinforced by education from USA Cycling and by programs like NICA that focus on fairness and strength of character over just winning.

The fact that mountain bike racing is not as hard as road racing is also a factor. The Pro Tour road race schedule is so arduous that it lends itself to drug abuse. Mountain bike races are not as long, and there is more time between races for recov-



Ned Overend hammering the climb during the 2016 Iron Horse Bicycle Classic. Photo by Scott D W Smith

ery. Also, the fact that there is not a lot of money to be made as a professional mountain bike racer means there is less incentive for riders to cheat.

AN: What social issues would you like to see the bicycle industry focus more on?

NO: A couple of big ones are the obesity epidemic and Global Warming. Regular bikes and E-bikes especially are a massive opportunity to get people to drive less. With the right infrastructure that can protect riders from cars there is a lot of opportunity to grow commute cycling. I am an E-bike advocate because I have seen how many new people E-bikes are bringing to cycling.

A lot of the obesity issues in this country starts with the unhealthy eating habits of kids. Specialized's Foundation "Outridebike.org" focus is to get kids on bikes. They have a variety of programs to support cycling in elementary and middle schools. NICA's philosophy of having everyone participate and fostering team members support of each other is powerful movement that's getting kids started in a healthy lifestyle.

AN: Out of all the races you have won, which race would you say was the most amazing for you and why?

NO: That's hard to choose, I'm reminded of winning the first UCI World Mountain Bike Championships in 1990, whenever I see the rainbow stripes on my sleeves, so of course that title is a big milestone for me. I had won several un-official World Championships before that in 1987, '88, and '89 in Europe and in Mammoth California, but I really wanted to win the first official UCI rainbow jersey to back up my previous titles.

In 1994, the UCI World Cup was super competitive, and with the logistics it was harder to win in Europe. That year I won the World Cup races in Italy and Switzerland. It's been a long time since an American has won an XC World Cup.

[Editor's note: While no American male has won the World Cup overall since John Tomac (USA) in 1991 or an individual race since the mid-1990s, Kate Courtney (USA) won three rounds of the World Cup, as well as the overall Series in 2019.]

I retired from the World Cup circuit in '96 and started racing XTERRA triathlons. It took me a few years to develop my swim and run, but I won the World Champs in Maui in 1998 and '99. That was satisfying because learning to put the three disciplines together was a big challenge.

AN: What is your favorite three trails to ride in the southwest and why?

NO: My daughter moved to Scottsdale, Arizona and I have been doing some riding in McDowell Mountain Park. I am really enjoying chasing some Strava segments on the Pemberton trail. Its fast and flowy which is different than the rocky trails around Durango.

Not all the trails around Durango are rocky, the shale dirt trails in Overend Mountain Park west of town are some of the smoothest. One of my favorites there is the Spirit Trail, so named because it skirts around The City graveyard. It's upand-down with some tight switchbacks climbing and descending.

The Hermosa Creek trail is a classic 20 miles of single track that follows the Hermosa Creek drainage from above Purgatory ski resort towards Durango. It's a beautiful alpine ride, I never get tired of it.

I've ridden some amazing trails across the southwest, in Park City, Moab, and Crested Butte. We are spoiled out here.

Anthony J. Nocella II, Ph.D. is a full-time professor at Salt Lake Community College, author of numerous books, trail runner, triathlete, competitive cyclist, and in his free time works at Hangar 15 Bicycles Millcreek.





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#### **THE ATHLETE'S KITCHEN**

# Sports Nutrition: Fads, Facts and Fallacies

#### By Nancy Clark MS, RD, CSSD

The average American, spends 24 hours a week online. That includes many athletes who spend a lot of time surfing the Web, looking for answers to their nutrition questions. They generally find way too much conflicting information and end up more confused than ever. Hence, the goal of this article is to offer science-based answers to a few popular sports nutrition questions and share some food for thought.

#### Carbohydrates

We have all heard trendy comments about carbs: They're a waste of calories, sugar is evil. Fact? No...

# Are carbs a waste of calories, with little nutritional value?

The answer depends on your definition of "carbs." Many athletes define carbs as sugar-filled baked goods and foods made with refined white flour, such as pasta, bagels, bread. In reality, carbohydrates include all types of sugars and starches. Carbs are in fruit, vegetables, beans (pinto, lima, garbanzo, etc.), grains (wheat, rice, barley, corn), and milk. These "quality carbs" add important nutrients to a sports diet.

#### Should athletes cut out sugar?

Sure, if that means cutting out excess sugar. But if you plan is to cut out all sugar, technically speaking, you would need to stop eating any form of carbohydrate (fruit, veggies, grains), given those foods end up as sugar (glucose) in your body. That sugar fuels your muscles and brain. You'll also need to cut out performance-enhancing sport drinks and gels.

Please judge a food based on all the nutrients that accompany the sugar, more so than just the sugar content. Some sugary foods are nutrient-rich. The natural and added sugar in chocolate milk, in combination with the milk's protein, make chocolate milk an excellent recovery food. (The sugar refuels the muscles; the protein builds and repairs the muscles.)

If your goal is to cut out added sugar, you might want to think moderation, rather than all or nothing. US Dietary Guidelines say 10% of calories can come from added sugar. Eating a small sweet a day will not ruin your health forever.

Athletes who report a desire to cut out sugar commonly have a lovehate relationship with (too much) sugar. While they may believe sugar is addictive, a standard reason for overdosing on sugar relates to hunger. The body of a hungry athlete screams for quick energy: sugar. One way to curb sugar-cravings is to eat a satisfying protein-rich breakfast and lunch. By curbing hunger, you'll enhance your chances of being able to choose quality carbs later in the day. Yes, eating enough breakfast can (and does) impact and improve your evening food choices. Give it a try?

#### **Protein**

Many of today's athletes believe protein should dominate a sports diet. True? Not quite.

What percent of my calories should come from protein?

Dietary guidelines recommend 10% to 15% of daily calories should come from protein. In truth, athletes should base their protein needs on body weight, not percent of calories. The target for most athletes is about 0.5 to 0.75 grams of protein per pound of body weight (1.0-1.5 g pro/kg) per day. Athletes who restrict calories or are new to lifting weights might need a bit more protein. But most hungry athletes consume that much plus more within the context of daily food choices.

# Can I get enough protein without protein shakes, bars and powders? Vos!

I rarely meet athletes who consume too little protein. Those who might benefit from a supplement include athletes with anorexia (who consume too little of most nutrients), dieting vegetarian athletes who fail to consume adequate plant protein within their restricted calorie budget. That is, for 125 calories, you can consume 25 grams of protein from a can of tuna but less than 4 g protein from the dollop (0.25 cup) of hummus on a salad.

# Can vegan athletes perform as well as meat-eaters?

For certain, as long as they consume adequate protein, iron, calcium and B-12, among other nutrients. Not hard to do if the vegan is eating responsibly (i.e., not living on "vegan" Coke & potato chips). They might even perform better when they shift from a meat-based to plant-based diet. Plant proteins (such as beans, lentils, and hummus) offer both protein (to build and repair muscles) and carbohydrate (to fuel muscles)

To optimally fuel muscles, athletes who train about an hour a day need about 2.25 to 3.5 g carb per pound of body weight, depending on the intensity of the workout. For a 150-pound athlete, this comes to about 340 to 525 grams of carb a day (1,360 to 2,100 calories from carb). To hit that goal, starchy beans and grains should be the foundation of each meal and snack. Vegan athletes can easily hit that target, while many meat-focused or carb-avoidant athletes end up needlessly fatigued when meat, fish, chicken, and salads displace starches and grains. No wonder many athletes report performing better when they switch to

#### Fat

While fat has been shunned for years, it is now popular. Here's what athletes want to know about dietary fat...

# To lose undesired body fat, should I train my body to burn more fat?

Don't bother! Burning fat differs from losing body fat. You might burn 800 calories doing two hours of

Continued on page 11



What's on your mind? Send your feedback and letters to the editor to: <a href="mailto:dave@cyclingutah.com">dave@cyclingutah.com</a>

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facebook. Sevier Valley Rooster Ride

#### **ROAD RIDE OF THE MONTH**

# San Francisco Bay Bridge to Treasure Island Ride



The view from Yerba Buena Island looking back on the San Francisco Bay Bridge and Oakland. Photo by Dave Iltis

#### By Wayne Cottrell

This 24.0-mile road bike ride returns us to the San Francisco Bay Area! The route plan includes a lollipop (7.9 miles), followed by an out-and-back (16.1 miles). The Bay Area bike scene is by no means stagnant, as new bike facilities continue to be opened on a steady basis. One of the newer facilities is the Alex Zuckermann Path, which was completed in October 2016 in conjunction with the reconstruction of the eastern half of the San Francisco-Oakland Bay Bridge.

The new, separated bike path makes it possible to ride from the East Bay, across the Bay Bridge to Yerba Buena and Treasure Islands, and back. Sorry - it is not yet possible to ride across the entire Bay Bridge, to San Francisco. I describe a version of this ride in my forthcoming book Best Easy Bike Rides San Francisco. The route described in this article is a slightly longer alternative. The ride should be on your bucket list, as crossing the Bay Bridge on a bicycle is a not-to-bemissed experience. The path is open from 6 am to 9 pm daily (nighttime riding is prohibited).

Start the ride at Port View Park in far western Oakland, within that city's port environment. The Oakland portion of the route uses bike paths, lanes and roads having at-grade crossings. Regarding that, the Port of Oakland teems with trucks and freight trains. It is imperative to be cautious at all road and

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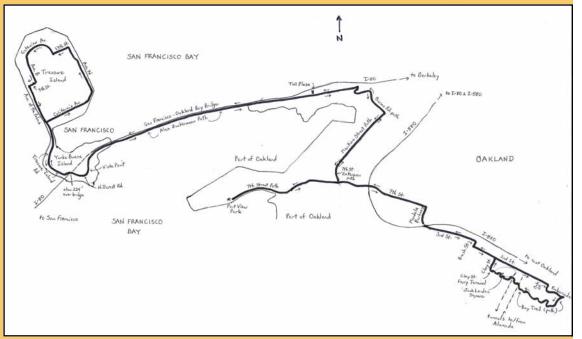
driveway crossings. There are a few railroad crossings, too. From the park, head away from the waterfront on the 7th Street bike path. Stay on the path as it zigs and then zags, and then crosses a port entry point (watch for trucks), and a couple of railroad crossings. The Bay Area Rapid Transit (BART) Transbay Tube portal is on the right at mile 1.0. This is where BART trains emerge from and initiate their underwater crossings of the Bay.

Keep straight at the traffic signal at 7th Street Extension. The path runs parallel to 7th Street for the next half-mile, crossing more railroad tracks, and passing under the I-880 freeway. The path ends; continue on 7th Street — a bike lane begins after 0.3 miles, after crossing Peralta Street. Turn right on Mandela Parkway; the road passes under I-880, curving left to become 3rd Street, to head east. At Brush Street, turn right (break in the bike lane); the bike lane resumes after you turn left onto 2nd Street.

At about the 3.5-mile mark of the ride, 2nd Street enters Oakland's Jack London Square district. The Square is not quite as hip as San Francisco's Fisherman's Wharf, but there are restaurants, shops, lodging, and the waterfront. Continue heading east on 2nd Street. Turn right on Oak Street - follow the road as It curves left, becoming Embarcadero West. There may be some construction along here. Just prior to crossing Lake Merritt Channel - Oakland Estuary Is to the right — bear right and leave the road (mile 4.35), turning onto the San Francisco Bay Trail

Slow your roll along this next stretch, which uses the Bay Trail, adjacent the waterfront. The ambition of the Bay Trail is to encircle the San Francisco Bay — about 500 miles(!) in length. The Trail was about 70% complete as of this writing. Estuary Park is on the right, as you cruise next to the waterfront. There should be some great views of the Bay and San Francisco.

The path makes a few turns as it hugs the bayfront. Pass over the Posey and Webster Street Tubes (tunnels to Alameda) starting at mile 5.0. Stay adjacent the waterfront as the Bay Trail heads through the Jack London Square district; watch for pedestrians. Leave the waterfront at



A map of the 24 mile San Francisco Bay Bridge ride from Oakland to Treasure Island. Image by Wayne Cottrell

the Clay Street Ferry Terminal (ferries to San Francisco), now at mile 5.45. Head inland on Clay Street. Turn left on 2nd Street (mile 5.6).

From here, follow the reverse of the outbound route to Maritime Street. Turn right onto the path at Maritime Street to begin the Bay Bridge portion of the ride (mile 7.9) — watch for trucks at entry points, as you are back in the port area At Burma Road, turn left to continue on the path — now parallel to Burma (mile 8.8). At mile 9.05, the path veers away from Burma, crossing a series of railroad tracks, and making a few curves under elevated structures. Turn left onto the Alex Zuckermann Path at mile 9.2.

Zuckermann was the founder of the East Bay Bicycle Coalition. He passed away in 2007 at age 86, five years after crashing while doing an official reconnaissance ride on the bridge, suffering a severe head injury.

The Bay Bridge Toll Plaza is on the right at mile 9.65 — there is no toll for bicyclists. The path is fully on the bridge at mile 10.45, with both beginning to elevate from here. The next 2.2 miles are over water. By the time the bridge reaches Yerba Buena Island, you are 183 feet above the water.

There are plenty of superlatives regarding what you are riding. The bridge is the widest in the world along this stretch; the Yerba Buena Tunnel, through which the I-80 freeway passes, is also the widest in the world. At the end of the path on Yerba Buena Island is Vista Point. This is a favorite gathering and picture spot. From here, shuttles transport cyclists to Treasure Island. It is a convenient, free service for those who are not up to conquering the 5% gradient uphill and downhill on Hillcrest and Treasure Island Roads. Although these roads are narrow and curvy, they are designated as shared facilities, meaning that they can be

The shuttle bus runs every half hour on weekends and holidays, from 7 am to 6:30 pm. Note that Yerba Buena Island is natural, rugged and steep, while Treasure Island is man-made and pancake flat. The islands adjoin, and are within the city of San Francisco. Treasure

Island was built for the 1939 Golden Gate International Exposition, and was then converted into a naval air station.

The segment between Vista Point and Treasure Island, using Hillcrest and Treasure Island Roads, passes the highest elevation of the ride: 224 feet, directly over I-80. This portion of the ride is, perhaps, not for the squeamish, as the roar of the traffic, and the curves and steepness of the road can give the sensation of plunging into the Bay, or maybe even onto the bridge.

Once on Treasure Island (mile 13.7), the route makes a 2.75-mile counterclockwise loop that is easybreezy. The Treasure Island Museum at right greets you at the start of the loop. It is not possible to ride along the edge of the island, so the ride uses the following sequence of roads: California Street (4th Avenue), Avenue D, Avenue N, 13th Street, Avenue M, Gateway Avenue, Avenue B, and 9th Street to Avenue of the Palms, returning to California (4th). The latter portion of the loop passes through a residential area. There are plans to house 19,000 people(!) on the island; although, in less than one square mile, one wonders where they all will fit.

After completing the loop, be prepared for the 5%-gradient climb up and over I-80, as you return to Yerba Buena Island. The shuttle is an option. The ride continues via the reverse of the outbound route,

returning to Port View Park in Oakland.

For more rides in the Bay Area, see Best Bike Rides San Francisco (Falcon Guides), written by avid cyclist Wayne Cottrell. Best Bike Rides San Francisco features descriptions of 40 road and off-road rides in the Bay Area. The ride lengths range from 4 to 60 miles, with rides in San Francisco, the East Bay, and Marin County. Each ride description features information about the suggested start-finish location, length, mileposts, terrain, traffic conditions and, most importantly, sights. The text is rich in detail about each route, including history, folklore, flora, fauna and, of course, scenery. For additional rides in California, all written by Wayne Cottrell, please also see the Best Bike Rides books on Los Angeles and Orange County, as well as the forthcoming Best Easy Bike Rides books on Los Angeles, Orange County, and San Francisco. Wayne Cottrell is a former Bay Area and Utah resident, and current southern California resident, who continues to conduct extensive research in these places, and elsewhere, to develop the content for bike books.



A great view of Yerba Buena Island from the San Francisco Bay Bridge Bike Path. Photo by Dave Iltis

## **ADVOCACY**

# Making Utah a Better Place to Ride: Bike Utah 2020 Update

Bv Crvs Lee

As a community we have responded to these difficult times by heading to our streets, trails, and pathways to find solace, comfort and to keep our sanities. Strava data provided by Utah DOT and Strava Metro found that ridership has increased significantly in total cycling trips taken in Utah. In April 2019, the number of total trips was around 107,000 compared to over 192,000 in April 2020. This is a mere snapshot of the increase that has occurred these past few months and we expect the trend will continue. What we are seeing throughout Utah is that people are embracing cycling as a way to keep their families safe, healthy, and active.

Bike Utah is continuing work with local governments and partners throughout the state to create family-friendly bike lanes and trails, to educate youth about road safety, and to advocate for active transportation programs that facilitate safe travel while promoting physical distancing.

Here is some of the progress we have made since 2019 and where we are heading in 2020:

#### Wasatch Bike Plan

Through the Wasatch Bike Plan initiative, we are working to make



Become a member of the League of American Bicyclists: bikeleague.org/join sure every municipality in the four Wasatch Front counties has an adopted active transportation plan.

When the initiative started in 2016, approximately 13% of Wasatch Front communities had adopted active transportation plans. Now, the percentage of communities with adopted or funded plans is at 70%. Approximately 96% of the population in Salt Lake County now lives in a community that either has an active transportation plan or is working on one. We are grateful to our partners the Wasatch Front Regional Council and Mountainland Association of Governments and the many others who have helped to make all of this possible.

Due to the incredible success and momentum the Wasatch Bike Plan has created we are looking to expand this plan to the entire state as we push for all communities to have safe, connected bicycle routes.

#### 1,000 Miles Campaign

In May 2017, Governor Herbert initiated the 1,000 Miles Campaign to build 1,000 new miles of family-friendly bike paths, lanes, and trails by 2027. Bike Utah was designated as the nonprofit partner to carry out this campaign and to facilitate building the 1,000 miles.

Since the program's inception in



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Learn how you can get involved: www.worldbicyclerelief.org

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2017, there have been 304.53 new miles built. We are on track for our goal to hit around 400 new miles by the end of 2020. Our 1,000 Miles Program Director, Chris Wiltsie, continually works to ensure that your communities will have more facilities your families can safely

#### **Youth BEST Program**

The Youth Bicycle Education and Safety Training (BEST) Program teaches more than 3,000 Utah kids every year how to safely and confidently get around by bicycle. The Program is a 4-hour, in-class and on-bike program taught at schools around Utah, targeting students in the 4th to 7th grades. Bike Utah provides trained instructors, bicycles, helmets, and all other equipment for the duration of the program at no cost. We have taught almost 12,000 students across the state since 2016.

Due to current circumstances, the Youth BEST team has shifted their focus to virtual content. Schools are out and students are riding their bicycles more than ever. The staff are working on creating content for students and their parents so they can access information on how to ride safely. You can watch and interact with these videos on Bike Utah's new TikTok channel, tiktok.com/@bikeutah

#### **Utah Bike Summit**

The Utah Bike Summit is the state bicycle conference, not only open to bicycle enthusiasts and advocates, but also, elected officials, bike shops, transportation planners and professionals, health officials and the general public. This one-day event features speakers, training sessions, networking opportunities, and discussions focusing on how to make Utah a better place to ride.

We made the difficult decision to cancel this year's Utah Bike Summit, but look forward to a spectacular event on April 6, 2021 at the Davis Conference Center in Layton. Mark your Calendars!

Mid-Week MTB and PTown Cross Race Series

The Mid Week MTB Series provides a consistently fun, challenging mountain bike racing experience for riders of all ages and ability levels at venues throughout the Salt Lake Valley, Wasatch Front, and Wasatch Back. Proceeds from the Mid-Week MTB Series benefit the Youth BEST program.

Mid-Week MTB series will look a little different this year as we adjust to keep all our riders and volunteers safe. Our Mid-Week MTB team has put together a dynamic plan that will adjust to the circumstances on the given week of a race. We are thrilled that we are still able to put on a series this year and look forward to seeing you participate. Learn more at: midweekmtb.com

In 2019, Bike Utah took over the P-Town Cross race series. We are pleased to be bringing this cyclocross series back again in the fall! Follow along for details at: ptowncross.com

If you are interested in being involved in our programs and initiatives, there are a few things you can do:

- Join our email list to stay updated
- Send us an email about where you would like to be involved
- Support our work by making a contribution to Bike Utah

Visit our website to learn more and get involved: bikeutah.org

Crys Lee is the Excecutive Director of Bike Utah. Bike Utah collaborates with all levels of government, organizations, agencies, businesses, and the general public to develop active transportation plans, educate thousands of children and adults, increase safety through legislation, and improve quality of life for residents and visitors with more bike lanes, paths, and trails.

# Nutrition - Continued from page 9

fat-burning exercise, and then can easily replace it all by devouring a big meal. No fat loss there!

A wiser plan is to lose fat when you are sleeping (not when exercising), by eating less at dinner to create a calorie deficit for the day. That way, you can surround your workouts with fuel, and optimize your ability to train well. Weight is more of a calorie-game than a fat-burning game.

# What about the high-fat keto diet for losing weight?

Keto advocates often rave they can lose weight without feeling hunger. True, a high fat diet is very satiating. But what happens after the diet? I've heard stories of keto dieters succumbing to carbbinges and rapid weight regain. My recommendation: Embark only on a food plan you want to maintain for the rest of your life. Meeting with a sports registered dietitian can help you learn effective weight management skills.

# What about a keto diet for endurance athletes?

Some ultra-runners and ultraathletes embrace a keto diet. By burning fat for fuel, they can eat less during long events and experience less intestinal distress. More research is needed on ketoathletes who have fat-adapted for several months (many studies are for less than one month): Can they perform better than carb-eaters? Current research suggests keto athletes might perform as well as carb eaters-but not better than. That's a lot of dietary restriction for questionable performance benefits. That said, each athlete is an experiment of one and no one diet suits everyone.

Sports Nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes at her private practice in the Boston-area (Newton; 617-795-1875). Her best-selling Sports Nutrition Guidebook answers most nutrition questions and can help you eat to win. Visit <a href="https://www.NancyClarkRD.com">www.NancyClarkRD.com</a> for more information



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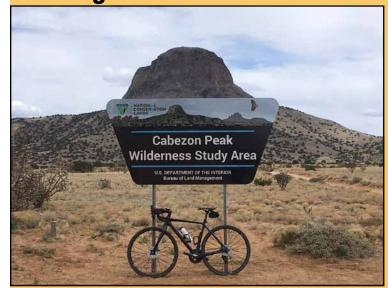


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#### **GRAVEL RIDING**

# Circling Cabezon - A New Mexico Gravel Ride



On the edge of Cabezon Wilderness Study Area. Photo by Don Scheese

#### **By Don Scheese**

In The Way to Rainy Mountain, N. Scott Momaday, a Native American writer of Kiowa ancestry, writes of returning to his ancestral homeland on the Great Plains. "A dark mist lay over the Black Hills, and the land was like iron. At the top of a ridge I caught sight of Devil's Tower upthrust against the gray sky as if in the birth of time the core of the earth had broken through its crust and the motion of the world was begun. There are things in nature that engender an awful quiet in the heart of man; Devil's Tower is one of them" (italics mine).

If you have ever driven highway U.S. 550 between Albuquerque and Durango, you could not help but have noticed off to the southwest a prominent volcanic peak rising from the high desert floor. That peak is Cabezon, Spanish for "Big Head," and Cabezon is the Devil's Tower of northwestern New Mexico. Towering almost 2000' above the surrounding terrain, topping out at 7775' above sea level, Cabezon is the tallest of fifty-some volcanic plugs protruding above the Rio Puerco valley, which in the 1800s was once a thriving Hispanic farming community. For thousands of years "Black Rock," as the Navajo refer to it, has functioned as a navigational landmark for travelers and residents.

I can see Cabezon from our house 40 miles distant, and have long been mesmerized by its hulking presence. So, one balmy spring day I headed out with the plan of paying homage to the peak by riding around it, figuring it would be around 30 miles of rolling desert gravel and dirt roads,



Pipeline Road with the Sandia Mountains on the horizon, on the Cabezon gravel ride. Photo by Don Scheese

through land owned by the BLM and private ranchers. Beautifully desolate country, where the Chihuahuan Desert meets the Colorado Plateau Province.

The drive to where I planned to start the ride took about an hour. I parked the car at the intersection of BLM roads 1113 and 1114, and headed off to the north/northwest in a counterclockwise direction, loaded with Camelbak, water bottles, spare tubes, and bars and fruit chews. A light northwesterly breeze kept the

early morning temperatures nice and cool, and fair-weather cumulous clouds filled the sky.

What struck me at the start of the ride, and throughout the circumnavigation of Cabezon Peak, was the absolute quiet—no sound of motor vehicles or people talking, the sheer absence of human-caused noise. Except for the sound of my tires rolling across the smooth hardpacked dirt and gravel road, the only other sounds I could hear were the occasional chittering of a rock wren and the soft whoosh of wind across the desert landscape. I found this predominance of natural sound intoxicating.

The start of the ride lay along a rolling spine separating Cabezon, but a few air miles distant, from the desert floor sloping eastward toward the Nacimiento Range. On either side of the road brown sandstone slabs protruded like the spines of a stegosaurus, the harder rimrock still in the process of weathering away, and it was great fun to ride this roller-coaster along the crest of the ridge. Eventually I topped out on the mesa top towards the junction of Pipeline Road, so named for the underground gas conduit connecting the oil fields of the San Juan Basin to the Albuquerque metro area and points southeast all the way to Texas. It was then an easy coast down to the dry crossing of the Rio Puerco, then uphill a bit to the outskirts of the village of San Luis. To the north a long low mesa formed the immediate horizon, atop which ran the Continental Divide National Scenic Trail-a geographical divide delineating major watersheds of the West.

A sharp turn to the southwest, on a wider, more gravelly road, followed, and Cabezon rose all the more impressively from the lower desert floor. The peak was formed when molten lava oozed out to the earth's surface through older sedimentary layers that had accumulated hundreds of millions of years ago when this area was covered by an ancient sea, followed by hundreds of millions of years of erosion, slowly exposing the basalt volcanic columns.

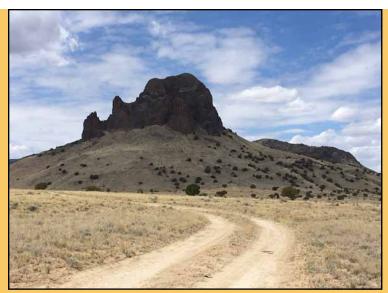
The Navajo tell a different story of the peak's genesis. According to their legend the sacred peak of Mt. Taylor to the southwest is the body of a giant slain by their heroic figures, the Twin War Gods. The head of the giant's body rolled off and became Cabezon Peak, and the lava flows of the area are the congealed blood of the slain giant.

Now I was on a section of the Great Divide Bike Route, the 3000some mile track from Jasper, Canada, to Antelope Wells on the New Mexico-Mexico border. But only briefly, as I took the road less traveled by at the next junction, past the ghost town of Cabezon and across the Rio Puerco again, choked with tamarisk and dry as a bone, one of countless "seasonal rivers" in the arid Southwest. Then it was a long gradual trundle up to the top of the next divide, where I found myself sandwiched between volcanic necks: the brown-layered Cerro Quate to the west, the Shiprock-like form of Cerro Chato to the south, and immediately due east, the Gibraltar of northwestern New Mexico, Cabezon

A BLM sign indicated that I was on the western edge of the Cabezon Wilderness Study Area, an 8000-acre preserve of sorts encompassing the immediate area around the peak. A







#### Cerro Chato. Photo by Don Scheese

spur road headed off towards the peak and I followed it to the base of Cabezon where a trail register and a few fire rings dotted the ground. The peak looked impregnable, but a brochure in the register mentioned there was a route to the top, a 2.5 mile roundtrip hike and climb of almost 2000 feet. Another time, perhaps ....

After refueling for a bit, I continued south, the road plunging down into the Abra de los Cerros (the Cove of the Hills), revealing fine views of a number of volcanic necks throughout the Rio Puerco valley, jutting like goosenecks above the desert floor. Past Cerro Chato—past Cerro de Santa Clara-past Cerro de Guadalupe...to the bottom of the drainage, where I took a hard left eastward at another road junction to begin the long steady climb up Canon del Camino. I passed more cow-burnt landscape dotted with juniper and pinyon pines, with some of the latter robustly thriving, while others stood desiccated and needle-less, weather-worn limbs glistening like the bones in an ossuary. The dead pines were apparently the victims of the Mega-Drought the Southwest is currently suffering from. Why do some survive and others not? The Darwinian struggle and the mystery of existence, survival, loop I met with only one vehicle, and death....

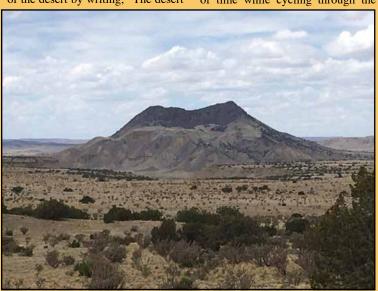
A lone vulture floated low over the terrain, making me think of Edward Abbey, who frequently expressed a wish to be reincarnated as a vulture. "Howdy Ed," I said aloud, breaking the silence. In his most famous work, Desert Solitaire, Abbey tried to articulate the allure of the desert by writing, "The desert

wears a veil of mystery. Motionless and silent it evokes in us an elusive hint of something unknown, unknowable, about to be revealed. There is something about the desert that the human sensibility cannot assimilate, or so far has not been assimilated."

The pyramid-like hill of Cerro Cochino, and the long dark form of juniper-covered Mesa Prieta, loomed immediately to my right as I dropped into my lowest gears and huffed and puffed my way up the steep inclines. Back on top, arriving at the junction where I had begun the ride, 24 miles and 1400' of ascent later, I could see to the distant south the high dark profile of the Sandias ... my Home Mt Range. Turtle Mountain, according to the local Puebloan tribes. How satisfying are Long Views, Distant Horizons, I thought. For 25 years I lived in exile in the Midwest, where a 'long view' was but a few miles off....to hell with a 'prairie perspective,' I decided-much better, much more inspirational, are the far-off vistas of the American West.

It is a Cyclist's Truism that the earlier you ride in the day, the lighter the wind, the fewer the vehicles, and the more enjoyable the experience will be. During the entire 24-mile an Hispanic rancher in a battered Nissan pickup who motioned to me in passing if I needed any agua. No gracias, I said.

I had been gone only a few hours, but somehow the ride through the backcountry of Cabezon had seemed much longer, deliciously longer—as if I had experienced a different sense of time while cycling through the



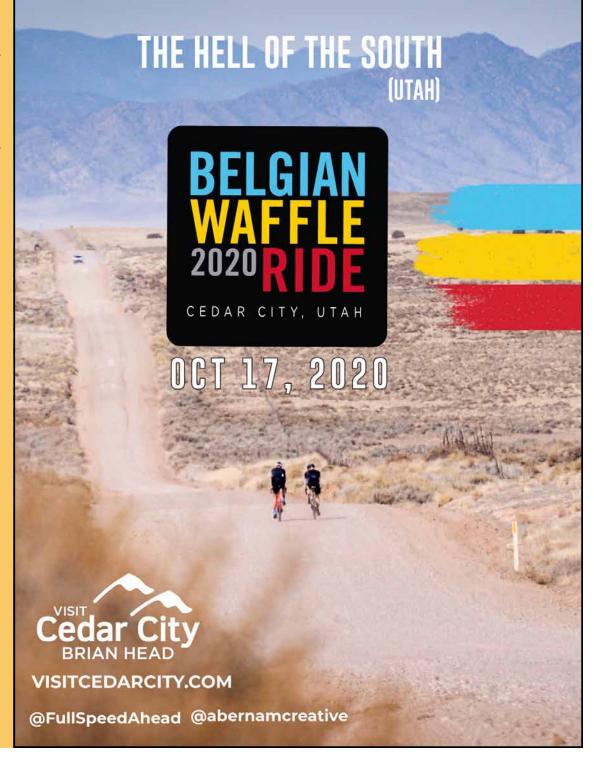
Cerro Cuate on the Cabezon gravel ride. Photo by Don Scheese



Cabezon at the start of the ride. Photo by Don Scheese solitary silence. Desert Time.

And above it all loomed the dark hulking shape of Cabezon, engendering an awful quiet in the hearts of all who pass by.

Don "Seldom Seen" Scheese lives and rides in New Mexico, always in search of new adventurous routes, especially on gravel roads.



# BICYCLE SHOP DIRECTORY

## Southern Utah

#### Brian Head/Cedar City

**Brian Head Resort Mountain Bike Park** 

329 S. Hwy 143 P.O. Box 190008 Brian Head, UT 84719 435-677-2035

# **Cedar Cycle**

38 E. 200 S. Cedar City, UT 84720 (435) 586-5210

Family Bicycle Outfitters 1184 S. Sage Drive Suite C Cedar City, UT 84720 435-867-4336

#### <u>Hurricane</u>

Over the Edge Sports

76 E. 100 S. Hurricane, UT 84737 (435) 635-5455

#### <u>Moab</u>

**Chile Pepper** 

(next to Moab Brewery) Moab , UT 84532 (435) 259-4688 (888) 677-4688

#### Bike Fiend

69 E. Center Street Moab, UT 84532 435-315-0002

#### **Moab Cyclery**

391 S Main St. Moab, UT 84532 (435) 259-7423

#### **Poison Spider Bicycles**

497 North Main Moab, UT 84532 (435) 259-BIKE (800) 635-1792

**Rim Cyclery** 94 W. 100 North Moab, UT 84532 (435) 259-5333

#### <u>Monticello</u>

Roam Industry 265 N. Main St. Monticello, UT 84535 (435) 590-2741

#### <u>Price</u>

**Altitude Cycle** 

Price, UT 84501 (435) 637-2453

#### St. George

**Bicycles Unlimited** 

90 S. 100 E. St. George, UT 84770 (435) 673-4492 (888) 673-4492

## IBB Cyclery & Multisport

185 E Center St Ivins, UT 84738 435-319-0011

# Rapid Cycling

705 N. Bluff Street St. George, UT 84770 435-703-9880 rapidcyclingbikes.com

# **Rapid Cycling**

446 S. Mall Drive, #3 St. George, UT 84790 435-703-9880

#### Red Rock Bicycle Co.

446 W. 100 S. (100 S. and Bluff) St. George, UT 84770 (435) 674-3185

#### <u>Springdale</u>

Zion Cycles 868 Zion Park Blvd. P.O. Box 276

Springdale, UT 84767 (435) 772-0400

## Northern Utah

Al's Cyclery / Al's Sporting Goods 1075 N Main Street, Suite 120 Logan, UT 84341

#### Joy Ride Bicycles

131 E 1600 N North Logan, UT 84341 (435) 753-7175

#### Sunrise Cyclery

138 North 100 East Logan, UT 84321 (435) 753-3294

#### Wimmer's Ultimate Bicycles

745 N. Main St. Logan, UT 84321 (435) 752-2326

#### Park City/Heber

Cole Sport

1615 Park Avenue Park City, UT 84060 (435) 649-4806

#### **Contender Bicycles**

1352 White Pine Canyon Road Park City, UT 84060

#### **Jans Mountain Outfitters**

P.O. Box 280 Park City LIT 84060

#### Mountain Velo

1612 W. Ute Blvd, Suite 115 Park City, UT 84098 (435) 575-8356

## **Park City Bike Demos**

1500 Kearns Blvd Park City, UT 84060 435-659-3991

# Slim and Knobby's Bike Shop

84 S Main Heber, UT 84032 (435) 654-2282

#### Stein Eriksen Sport

At The Stein Eriksen Lodge 7700 Stein Way (Mid-Mountain/Silver Lake) Deer Valley, UT 84060 (435) 658-0680

#### Silver Star Ski and Sport

1825 Three Kings Drive Park City, UT 84060 435-645-7827

#### Storm Cycles

1153 Center Drive, Suite G140 Park City, UT 84098 (435) 200-9120

#### White Pine Touring

1790 Bonanza Drive P.O. Box 280 Park City, UT 84060 (435) 649-8710

#### <u>Vernal</u>

#### Altitude Cycle

580 E. Main Street Vernal, UT 84078

#### **Wasatch Front** WEBER COUNTY

#### <u> Eden/Huntsville/Mountain Green</u>

Diamond Peak Mountain Sports (801) 745-0101

#### <u>Ogden</u>

**Bingham Cyclery** 1895 S. Washington Blvd. Ogden, UT 84401 (801) 399-4981

#### 2nd Track Sports 1273 Canyon Road Ogden, UT 84404

#### **Skyline Cycle**

834 Washington B Ogden, UT 84404 (801) 394-7700

#### The Bike Shoppe

#### **Two Hoosiers Cyclery**

2374 Harrison Blvd Ogden, UT 84401 385-238-4973

#### DAVIS COUNTY

#### Biker's Edge

232 N. Main Street Kaysville, UT 84037 (801) 544-5300

#### **Bingham Cyclery**

2317 North Main Str Sunset, UT 84015 (801) 825-8632 hamcyclery.c

#### **Bountiful Bicycle**

2482 S. Hwy 89 Bountiful, UT 84010

#### **Bountiful Bicycle**

151 N. Main St. Kavsville, UT 84037 (801) 444-2453

#### **Guthrie Bicycle**

420 W. 500 S. Bountiful, UT 84010 (801) 683-0166

Loyal Cycle Co. 15 E. State St. Farmington, UT 84025 801-451-7560

**Masherz** 2226 N. 640 W. West Bountiful, UT 84087 (801) 683-7556

# SALT LAKE COUNTY

#### **Central Valley**

Cottonwood Cyclery 2594 Bengal Blvd Cottonwood Heights, UT 84121 (801) 942-1015

Flynn Cyclery 4640 S. Holladay Village Sq., Suite 101 Holladay, UT 84117 801-432-8447

# **Hangar 15 Bicycles**

3969 Wasatch Blvd. (Olympus Hills Mall) Salt Lake City, UT 84124

**Summit Cyclery** 2540 Bengal Blvd, S Holladay, UT 84121 801-613-9478

#### Salt Lake City

**Bicycle Center** 2200 S. 700 E. Salt Lake City, UT 84106 (801) 484-5275

# **BikeFitr**

1549 S 1100 E Suite D Salt Lake City, Ut 84105 801-930-0855

Bingham Cyclery 336 W. Broadway (300 S) Salt Lake City, UT 84101 801-583-1940

## **Contender Bicycles**

989 East 900 South Salt Lake City, UT 84105 (801) 364-0344

#### Cranky's Bike Shop 250 S. 1300 E. Salt Lake City, UT 84102

(801) 582-9870

**Fishers Cyclery** Salt Lake City, UT 84106 (801) 466-3971

#### **Gear Rush Consignment**

53 W Truman Ave. South Salt Lake, UT 84115

# **Go-Ride.com** Mountain Bikes 2066 S 2100 E

2000 S 2100 E Salt Lake City, UT 84108 (801) 474-0081

Guthrie Bicycle 803 East 2100 South Salt Lake City, UT 84106 (801) 484-0404

#### Highlander Bike

3333 S. Highland Drive Salt Lake City, UT 84106 (801) 487-3508

#### **Hyland Cyclery**

3040 S. Highland Drive Salt Lake City, UT 84106

#### Jerks Bike Shop

4967 S. State St. Murray, UT 84107 (801) 261-0736

#### **Level 9 Sports**

660 S 400 W Salt Lake City, UT 84101 801-973-7350 levelninesports.com

#### **Pedego Electric Bikes**

1095 S. State Street Salt Lake City, UT 84111 801-341-2202

# **REI (Recreational Equipment Inc.)**

3285 E. 3300 S. Salt Lake City, UT 84109 (801) 486-2100

#### **Trek Bicycle** 247 S. 500 E.

Salt Lake City, UT 84102 (801) 746-8366 Salt Lake Ebikes

#### 1035 S. 700 E. Salt Lake City, UT 84105 (801) 997-0002

**Saturday Cycles** 605 N. 300 W. Salt Lake City, UT 84103 (801) 935-4605

**SLC Bicycle Collective** 2312 S. West Temple Salt Lake City, UT 84115 (801) 328-BIKE

# slcbikecollective.org

2nd Track Sports 2927 E 3300 South Salt Lake City, UT 84109 801-466-9880, ext. 1

**Sports Den** 1350 South Foothill Dr (Foothill Village) Salt Lake City, UT 84108 (801) 582-5611

The Bike Lady 1555 So. 900 E. Salt Lake City, UT 84105 (801) 638-0956

## **Wasatch Touring**

702 East 100 South Salt Lake City, UT 84102 (801) 359-9361

## <u>South and West Valley</u>

Bingham Cyclery 10510 S. 1300 East (106th S.) Sandy, UT 84094 (801) 571-4480

#### **Go-Ride.com** Mountain Bikes

Draper, UT 84020 (801) 474-0082

#### Hangar 15 Bicycles

762 E. 12300 South Draper, UT 84020

Hangar 15 Bicycles 11445 S. Redwood Rd S. Jordan, UT 84095 (801) 790-9999

#### **Lake Town Bicycles**

1520 W. 9000 S., Unit E West Jordan, UT 84088 (801) 432-2995

#### **REI** (Recreational Equipment Inc.)

230 W. 10600 S. Sandy, UT 84070

# Salt Cycles

2073 E. 9400 S. Sandy, UT 84093 (801) 943-8502

#### **UTAH COUNTY**

#### Alpine/American Fork/Cedar Hills/ Lehi/Pleasant Grove/Lindon

# Bike Peddler

3600 Ashton Blvd Suite A Lehi, Utah 84043

# Eddy's Bicycle Barn 9449 N. Canyon Road Cedar Hills, UT 84062

Fezzari Bicycles 850 W. 200 S. Lindon, UT 84042 801-471-0440

801-503-7872

#### Hangar 15 Bicycles

1678 East SR-92 Highland/Lehi, UT 84043 (801) 901-6370

# Pedego Electric Bikes 4161 N. Thanksgiving Way, #205 Lehi, UT 8411184043

Timpanogos Cyclery 665 West State St. Pleasant Grove, UT 84062 (801)-796-7500

Trek Bicycle Store of American Fork Meadows Shopping Cente 356 N 750 W, #D-11 American Fork, UT 84003 (801) 763-1222

**Utah Mountain Biking** Lehi, UT 84043 801-653-2689

#### <u>Payson</u> **Nebo Peaks Cycles**

36 W. Utah Ave Payson, UT 84651 (801) 465-8881

#### Provo/Orem/Springville

Al's Cyclery / Al's Sporting Goods 643 East University Parkway 0rem, UT 84097 435-752-5151

#### **Hangar 15 Bicycles** Orem 1IT 84097

Hangar 15 Bicycles 187 West Center Street Provo, UT 84601

#### Hangar 15 Bicycles

877 N. 700 E. Spanish Fork, UT 84660 (801) 504-6655

# Orem, UT 84057 801-466-9880, ext. 3

**Level 9 Sports** 

**Mad Dog Cycles** 350 N. Orem Blvd Orem, UT 84057 (801) 222-9577

#### CYCLINGWEST.COM

#### Racer's Cycle Service

Provo, UT (801) 375-5873

#### **Society Cycles**

Orem. UT 84097 (801) 225-0076

#### Taylor's Bike Shop

Provo. UT 84604 (801) 377-8044

## **ARIZONA**

#### **Cave Creek**

**Flat Tire Bike Shop** 6032 E Cave Creek Rd Cave Creek, AZ 85331 480-488-5261

#### <u>Flagstaff</u>

**Absolute Bikes** 

Flagstaff, AZ 86001 928-779-5969

#### <u>Sedona</u>

**Absolute Bikes** 

6101 Highway 179 Suite D Village of Oak Creek Sedona, AZ 86351 928-284-1242

#### Over the Edge Sports

1695 W. Hwy 89A Sedona, AZ 86336 928-282-1106

# **CALIFORNIA**

#### **Tour of Nevada City Bicycle Shop**

457 Sacramento St. Nevada City, CA 95959 530-265-2187 tourofnevadacity.com

#### Dr. J's Bicycle Shop

Solvang, CA 93463

# **COLORADO**

#### <u>Fruita</u>

**Colorado Backcountry Biker** 

Fruita, CO 81521

Over the Edge Sports

202 E Aspen Ave Fruita, CO 81521 970-858-7220

## WYOMING

#### <u>Jackson Area</u>

Fitzgeralds Bicycles 500 S. Hwy 89 Jackson, WY

307-201-5453

#### **Hoback Sports**

520 W Broadway Ave # 3 Jackson, Wyoming 83001 307-733-5335

#### **Hoff's Bike Smith**

265 W. Broadway Jackson, WY 83001 307-203-0444

#### The Hub

1160 Alpine Ln, Jackson, WY 83001 307-200-6144

#### **Teton Bike**

490 W. Broadway Jackson, Wyoming 83001 307-690-4715

#### **Teton Village Sports**

3285 W Village Drive Teton Village, WY 83025

#### Wilson Backcountry Sports

1230 Ida Lane Wilson, WY 83014 307-733-5228

# **IDAHO**

#### <u>Boise</u>

#### **Bob's Bicycles**

6681 West Fairview Avenue Boise, ID. 83704 208-322-8042

#### **Boise Bicycle Project**

1027 S Lusk St. Boise, ID 83796 208-429-6520

#### **Custom Cycles**

2515. N. Lander 208-559-6917

facebook.com/Custom-Cycles-1071105139568418

#### **Eastside Cycles**

3123 South Brown Way Boise, ID 83706 208 344 3005

#### George's Cycles

312 S. 3rd Stree Boise, ID 83702 208-343-3782

#### George's Cycles

515 West State Street Boise, ID 83702

#### **Idaho Mountain Touring**

1310 West Main Street Boise, ID 83702

208-336-3854

## **Joyride Cycles**

Boise, ID 83702 208-947-0017

#### Ridgeline Bike & Ski

10470 W. Overland Rd. Boise ID 83709 208-376-9240

#### TriTown

1517 North 13th Street Boise, ID 83702 208-297-7943

#### **Rolling H Cycles**

115 13th Ave Sout Nampa, ID 83651 208-466-7655

#### **Victor/Driggs**

#### **Fitzgeralds Bicycles** 20 Cedron Rd Victor, ID 83455

208-787-2453

#### Habitat

18 N Main St. Driggs, ID 83422 208-354-7669

#### **Peaked Sports**

70 E Little Ave, Driggs, ID 83422 208-354-2354 peakedsports.com

#### Idaho Falls

#### Bill's Bike and Run

930 Pier View Dr Idaho Falls, ID 208-522-3341

#### Dave's Bike Shop

367 W Broadway S Idaho Falls, ID 83402 208-529-6886

#### **Idaho Mountain Trading**

Idaho Falls, ID 83402 208-523-6679

#### **Intergalatic Bicycle Service**

Idaho Falls, ID 83401

vice.tumblr.com

#### <u>Pocatello</u>

#### **Barries Ski and Sport**

624 Yellowstone Ave Pocatello ID 208-232-8996

#### **Element Outfitters**

222 S 5th AVE Pocatello, ID 208-232-8722

#### **Element Outfitters**

1570 N Yellov Pocatello, ID 208-232-8722

#### <u>Rexburg</u>

Bill's Bike and 113 S 2nd W Rexburg, ID 208-932-2719

#### **Twin Falls**

#### **Epic Elevation Sports**

2064 Kimberly Rd Twin Falls, ID 83301 208-733-7433

**Spoke and Wheel** 148 Addison Ave Twin Falls, ID83301 (208) 734-6033

#### **Cycle Therapy**

1542 Fillmore St Twin Falls, ID 83301 208-733-1319

#### <u>Salmon</u>

#### The Hub

206 Van Dreff Street Salmon, ID 83467 208-357-9109

#### Sun Valley/Hailey/Ketchum

#### Durance

131 2nd Ave S Ketchum, ID 83340 208-726-7693

#### **Power House**

502 N. Main St. Hailey, ID 83333 208-788-9184

**Sturtevants** 340 N. Main Ketchum, ID 83340

208-726-4512 sturtevants-sv.com

#### **Sun Summit South**

418 South Main Street Hailey, ID 83333 208-788-6006

#### The Elephant Perch

280 East Ave Ketchum, ID 83340 208-726-3497

# NEVADA

#### **Boulder City**

#### **All Mountain Cyclery**

1601 Nevada Highway Boulder City, NV 89005 702-250-6596

## Las Vegas

#### **Giant Las Vegas**

9345 S. Cimarron Las Vegas, NV 89178 702-844-2453

Las Vegas Cyclery 10575 Discovery Dr (702) 596-2953

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# INJURED IN A **BICYCLE ACCIDENT**

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## **WESTERN STATES**

# **CALENDAR OF EVENTS**

#### Calendar Notes for Summer 2020

Due to the ongoing COVID-19 coranavirus crisis, we have updated as many events as we can. Some are still deciding on whether or not to reschedule as of press time.

If you are an event promoter, please email any updates to calendar@cyclingutah.com.

If you are a participant, and your event has been postponed or rescheduled, please consider deferring your entry to the new date, or donating your entry to the event promoter so that their event will be back in the future. Event promoters must invest thousands of dollars before the day of the event, and many are

hurting as a result of the global pandemic. Your support is needed.

Event promoters must invest thousands of dollars before the day of the event, and many are hurting as a result of the global pandemic.

Cycling West will endeavor to keep the calendar as current as possible. Please also check our online calendar here:

http://www.cyclingutah.com/ event-calendars/

Happy Cycling!
Dave Iltis
Editor and Publisher

#### **Utah BMX**

RAD Canyon BMX — South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30-8:30, Race Thursday, Registration 6:00-7:00, Race at 7, May through September (practices starting in April with additional practices on Tuesdays through May), Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT., Practice Wednesday 6:00- 9:00; Race Saturday, May through September, Kevin , 801-698-1490, kevin@klikphoto.net, Irbmx.com, radcanyonbmx.com/Rad Canyon Legacy Outdoor Schedule 2014.pdf

#### Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy., Crys Lee, 385-831-1515, crys@bikeutah.org, bikeutah.org

Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLC Transportation Division Conference room., Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.

Salt Lake County Bicycle Advisory Committee
— Salt Lake City, UT, The SLCBAC committee
works to improve cycling conditions in Salt
Lake County and is an official committee.
Meetings are the second Wednesday of
each month from 5:30-7:30 pm and are
held in Suite N-2800 of the Salt Lake County
Government Center, 2001 S. State St., Salt
Lake City, UT, Helen Peters, 385-468-4860,
HPeters@slco.org, bicycle.slco.org

Weber Pathways — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life. Mark Benigni, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.org

Moseknuckler Alliance — St. George, UT, We accept all types and styles of riders; most importantly we want people to tide their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes., Lukas Brinkerhoff, 435-632-8215, lukas@

 $\underline{\text{mooseknuckleralliance.org}}, \ \underline{\text{mooseknuckler-}}\\ \underline{\text{alliance.org}}$ 

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

Bonneville Shoreline Trail Committee — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page., Dave Roth, 801-824-5339, bonnevilleshorelinetroil@gmail.com, bonnevilleshorelinetrail.org

Illeshorelinetrall.org

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalifion is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along 1-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Bonneville Shoreline Trail with the Provo/Jordan River Parkway, Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystroil.org

Provo Bike Committee — Provo, UT, Please join us every first Thursday of the month at 5 pm at 48 N. 300 W. to help make Provo a more bicycle-friendly community. Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Aaron Skabelund, 385-207-6879, a.skabelund@gmail.com, bikeprovo.org

Dixie Trails and Mountain Bike Advocacy — St. George, UT, Cimarron Chacon, 970-759-3048, info@groraces.com, dmbta.org

Southern Utah Bicycle Alliance — St. George, UT, Southern Utah's road advocacy group. Craig Shanklin, 435-674-1742, southernutah-bicycle@gmail.com, southernutahbicycle@liance.ge

WOBAC - Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdencity.com,

Idaho Bike Walk Alliance — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, <u>cynthia@idahowalkbike.org</u>, <u>idahowalkbike.org</u>

Greater Arizona Bicycling Association — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, <u>president@</u> bikegaba.org, bikegaba.org

Coalition of Arizona Bicyclists — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, <a href="mailto:cazbike.org">cazbike.org</a>, cazbike.org

Wyoming Pathways — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, , wyopath.org

**Bicycle Colorado** — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig,

303-417-1544, <u>info@bicyclecolorado.org</u>, <u>bicyclecolorado.org</u>

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, bznbybike@gmail.com, Doug Haberman, 406-449-2787, info@bikewalk-montana.ora. bikewalkmontana.ora

Salt Lake Valley Trails Society — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profift, Kevin Dwyer, kevin@ saltlakevalleytrailssociety.org, saltlakevalley-trailssociety.org

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeten, 208-201-1622, dan@tvtap.org, tvtap.org, tetonbikefest.org

Intop.org, tetonbikefest.org

Bike Orem — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, bikeorem. weebly.com

#### Events, Swaps,Lectures

Salt Lake Critical Mass — Salt Lake City, UT, Last Friday of every month, 6:30 pm, meet at the Gallivan Center, 200 S. between State and Main in SLC., None , noemal@cyclingutah.com, facebook.com/groups/SLCCM/

Beehive Bike Polo Club — Salt Lake City, UT, Weekly hardcourt and grass bike polo. Tuesdays at 8pm, Saturday afternoons. Check out the Beehive Bike Polo Club on Facebook for location., Chuck Heaton, 801-688-7268, heatpolocompany@gmail.com, facebook.com/groups/1896314977249537, beehivebikepolo.wordpress.com

Cole Sport Weekly Road Ride — Park City, UT, Weekly Road Ride Mondays June 4-Aug. 27. Ride leaves Cole Sport, 1615 Park Ave. at 6 pm. Park at lower PCMR lot., Scott Dudevoir, 435-649-4806, scottdudevoir@colesport.com, colesport.com, mountaintrails.org

Kidical Mass — Salt Lake City, UT, Group ride for families. This will be a monthly ride, the 1st Sunday of every month, at Liberty Park (south entrance) from 3pm-5pm. All ages are welcome., Lee Chung, 865-850-3589, lee.chung@gmail.com, facebook.com/groups/109360246125277

Slow Roll SLC — Salt Lake City, UT, Fun, Bikes, and Party Rides on Tuesday Nights at 7 behind Crank SLC 749 S. State Street., Christian Clemens, 385-528-1158, 801-440-0546, <a href="mailto:chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledge-chickledg

0546, <a href="mailto:chicker-square">christian@crankslc.com</a>,

June 27, 2020 — SLUG Cat Alleycat Bike Racel,
Utah Bike Month, Satt Lake City, UT, This exciting alleycat event features a scavenger hunt bike race that takes you all over Satt Lake City. Bike with the coolest cats you in town, make new friends and win awesome prizes from our local sponsors! 8th Annual Registration is open between 4-5 pm and at 5 the race will begin and cyclists will ride around the city to collect points for their manifest. At 7pm we will begin the award ceremony and cyclists can relax for a well-earned celebration. Angela Brown, 801-487-9221, angela@slugmag.com, Morgan Keller, 801-487-9221, angela@slugmag.com, Morgan Keller, 801-487-9221, angela@slugmag.com, Morgan com.

September 21-27, 2020 — National Bike to Work Week, Utah Bike Month, Everywhere, UT, A week to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@cyclingutah.com, bikeleague.org

September 22, 2020 — World Car Free Day, UT, Ride your bike and leave the car at home!, None, noemail@cyclingutah.com, world-car(free.net)

September 22, 2020 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and Calendar Guidelines:
Listings are free on a
space available basis and
at our discretion.
Submit your event to:
calendar@cyclingutah.com
with date, name of event,
website, phone number
and contact person and
other appropriate information.

Let us know about any corrections to existing listings!

onto your bike on your way to work., None

, noemali@cyclingutah.com, bikeleague.org
April 6, 2021 — Utah Bike Summit, Layton, UT,
Keynote Speaker (tentative): John Burke of
Trek Bicycle, The Utah Bike Summit is the
statewide bicycle conference. The summit
brings together everyday riders, bicycle and
trail advocates, representatives from Utah's
bicycle industry, planners, engineers, representatives from Utah's tourism industry and
health fields, and local and state government officials in order to make Utah more
bicycle friendly. Regardless of your interest
in bicycling (transportation, recreation, road,
mountain, commuter), the Utah Bike Summit
is for you and all are encouraged to attend.
Held at Davis Conference Center, Crys Lee,
385-831-1315, crys@bikeutah.org, bikeutah.
org/utahbikesummit/

#### Mountain Bike

#### Tours and Festivals

June 19-21, 2020 — BetterRide MTB Camp,
Durango, CO, Take your skills to the next
level by investing in yourself! Learn the skills
to greatly improve your iding and affills to
master those skills. Increase your confidence,
skill and efficiently with the most experienced
(20 years), effective and sought after coach
in the sport, Gene Hamilton!, Ilse Harms,
admin@betteride.net, betterride.net

June 19-21, 2020 — Outerbike, CANCELLED, Deer Valley, UT, An opportunity to ride next year's bikes and gear on world class traits. Participants get demos, shuttles, lunch & free beer - plus a great Saturday night partyl, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@westernspirit.com, outerbike.com

June 20, 2020 — Beaver Dam 49er Gravel Grinder, CANCELLED, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's im and winds you through Pinyon and juniper trees. Through the small town of Barclay where lunch is served at the one room schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options., Dawn Andone, 775-728-8101, cathedralgarge vc@lcturbonet.com, beaverdamgrovelgrinder.com

Verdamgravelgrinder.com

June 20, 2020 — Around the Rock Gravel
Ride, Jackson, WY, This is an annual ride of
passage, leaving from Fitzgerala's Bicycles
each year on the Solstice Weekend. We'll
head clockwise around The Rock (The Grand
Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and
TOTALLY doable for the average fit rider.
Whether you ride for speed or ride for the
accomplishment it doesn't matter. The beers
taste just as good after! This self-supported,
154-mile mixed-terrain cycling adventure
is a RIDE OF PASSAGE and sure to chal
lenge anyone who takes it on!, Fitzgerala's
, 307-201-5453, info@fitzgeraldsbicycles.com/
fitzgeraldsbicycles.com/
gevents/120834-around-the-rock-2020

June 26-28, 2020 — BetterRide MTB DownhillEnduro Camp, Durango, CO, Take your skills
to the next level by investing in yourself!
Learn the skills to greatly improve your riding
and drills to master those skills. Increase your
confidence, skill and efficiently with the most
experienced (20 years), effective and sought
after coach in the sport, Gene Hamilton!, lise
Harms, admin@betterride.net, betterride.net

June 27, 2020 — Black Hills Mountain Festival, Rapid City, SD, Mountain Bike Race and Running events starting at 8AM at Founder's Park. The course consists of an approximate 8 mile loop. Also, a couple fun extra races, concerts, and vendors will be on site. , Kristy Lintz, 605-394-4168, 605-484-1724, specialevents@rcgov.org, Black Hills MTB Festival, blackhillsmountainfest@gmail.com, bhfattirefestival.com, rcparksandfec.org

June 27-28, 2020 — VIDA MTB Series: Granby Ranch Bike Park, VIDA MTB Series, Granby, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

July 5-August 16, 2020 — Colorado Trail MTB Tour, Montrose, CO, Our Colorado Trail MOUNTAIN BIKE Tour takes you on an amazing alpine journey through the singletrack of the San Juan Mountains, traversing from Monarch Pass to your final destination of Telluride. Available in either a camping or lodging format with up to 3-nights of lodging (3 of 5-nights total). John Humphries, 970-728-5891, info@lizardheadcyclingguides. Com, Lauren Lasky, 508-561-7580, lauren@lizardheadcycling.com.

July 10-12, 2020 — BetterRide MTB Camp, Winter Park-Fraser Mountain, CO, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, lise Harms, adminiplies the ride are the tetrified.

July 11, 2020 — Wildflower Trailfest, Snowbasin, UT, A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, info@ wildfloweroutdoor.com, wildfloweroutdoor

July 11, 2020 — Wydaho 100 Gravel Ride, Jackson, WY, From the foothills of the Teton Range, looking into the depths of Wilderness to the Big Hole Mountains, featuring some of the best gravel this Eastern Idaho has to offer, this route completes a 360-degree circumnavigation of Teton Valley! The road surface is predominately gravel and ditranging between steep mountain and rutted farm roads. Bring your gravel bike or any bike for that matter. Self-supported, Fitzgerald's , 307-201-5453, info@fitzgeraldsbicycles.com, fitzgeraldsbicycles.com

July 17-19, 2020 — BetterRide Women's MTB Camp, Winter Park-Fraser Mountain, CO, BetterRide's Women-Only Mountain Bike Camp, Clinic and Skills Coaching covers the same core skills as the co-ed camps in a supportive, non-judgemental atmosphere. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your diding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, lise Harms, admin@betterride.net.

July 26-August 14, 2020 — Glacier National Park Bike Tour, Whitefish, MT, 7/5-10; 7/12-17; 7/19-7/24; 7/26-31; 8/2-7; 8/9-14, 8/16-21, 8/23-28. Options for cyclists of all abilities. Ride the Going to the Sun Roadl Big climbs and bonus mileage options available. John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclingguides.com

July 31-August 2, 2020 — BetterRide MTB Camp, Park City, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your iding and affils to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net

August 14-16, 2020 — Outerbike Summer in Crested Butte, CANCELLED, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, at Crested Butte Mountain Resort, Mark Sevenoff, 800-845-2453, 435-259-8732, outerbike@western-spirit.com, outerbike.com

August 15-16, 2020 — Trek Dirt Series Mountain Bike Camp, Park City, UT, Women specific mountain bike coaching for beginner to advanced levels, focusing on skill development and exploring local trails. Suitable for cross country and downhill riders., Angela Campbell, 403-358-1144 (Canada), Info@dirtseries.com, Elli Petersilie, elli@dirtseries.com, dirtseries.com

August 15-16, 2020 — VIDA MTB Series: Snowmass Bike Park, VIDA MTB Series: Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com

August 29-October 10, 2020 — MTB The Maze Bike and Stargazing Trip, Mood, UT, In partnership with Salt Lake City's Clark Planetarium. Bike by day, stargaze from the Maze Overlook in the heart of Canyonlands National Park, Rafe a "Gold Tier" Dark Sky Park by the International Dark Sky Association., Karen Johnson, 800-624-6323, karen.holiday-river@gmail.com, bikeraft.com

September 4-7 — Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY/ID, 11th annual hosted at Grand Targhee Resort. Come enjoy endless miles of epic singletrack, lift-served downhill, dit jump and freeride. Wydaho Rendezvous Bike Festival supports Teton Valley Trails and Pathways tvtap.org. Includes 2019 demos, group rides, skills clinics, shenanigans, kids activities, music and libations., TVTAP , 208-201-1622, info@tetonbikefest.org, Devin Dwyer, 208-201-1622, devin@tetonbikefest.org, tetonbikefest.org, grandfarghee.com

grandtarghee.com

September 5, 2020 — Nevada City Fat Tire Festival, TENTATIVE, Nevada City, CA, Nevada City, CA, Nevada City Fat Tire Festival promotes a healthy lifestyle and all inclusive experience for bicycle iders and aultoor enthusiasts. We have selected vendors that represent our goal with bicycle companies, bicycle components, local beer, personal training, injury prevention and recovery, bicycle repair, bicycle travel, bicycle camping and outdoor lifestyle. Part of an amazing weekend! We have joined the Rotary Century Ride, the Big Brothers and Big Sisters 20th Annual Gravel Grinder and the Nevada City Dirt Classic Cross Country Race series for a weekend of bicycling and family funl, Nevada City Fat Tire Festival, 530-615-4462, NCFatTireFestival@gmail.com, ncfattirefestival.com

September 18-20, 2020 — Albuquerque MTB Festival, Albuquerque, NM, 12 hour race, 2 hour race, 2nd weekend long mtb festival, Seth Bush, 505-554-0059, ElCapitan@ZiaRides.com, ziarides.com

September 18-20, 2020 — Outerbike Tahoe, South Lake Tahoe, C.A., An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shutles, lunch, beer, and admission to parties and films, in South Lake Tahoe, C.A., Mark Sevenoff, 800-845-2453, 435-259-8732, outer-bike@westernspirit.com, outerbike.com

September 19-20, 2020 — VIDA MTB Series: Beti Bike Bash, VIDA MTB Series, Lakewood , CO Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com

September 20, 2020 — Monarch Crest Crank, Salida, CO, Mountain bike event along one of IMBA's Epic mountain bike trails, and proceeds go to the local nonprofit organization The Alliance, which helps victims of domestic and sexual abuse. Entry fee includes the ride, a shuttle to and from downtown Salida, on-course support, and post-ride party in Salida's Riverside Park, featuring live music, free lunch, libations, games and more! Space is limited to 100 riders, Monica Gutterrar, 719-539-5738, director@alliancechaffee.org, Becky Rupp, crest-crank@gmali.com, monarchcresterank.com

September 25-26, 2020 — VIDA MTB Series: Glorieta, VIDA MTB Series , Glorieta, NM Women's mountain biles skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com

October 2-4, 2020 — Outerbike Fall, Moab, UT, An opportunity to ride next year's bikes



and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films, 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Sevenoff 800-845-2453, 435-259-8732, outerbike@westernspifft.com, outerbike.com

- emspirit.com, outerbike.com

  October 2-4, 2020 MECCA MTB Festival,
  Green River, UT, 34th Annual, Held at the
  John Wesley Powell Museum in Green River,
  Utah. Registration begins Friday at 1:00 p.m.
  followed by a warm up ride, refreshments,
  games and a prize drawing. Saturday is full
  of all-day guided rides, ranging from beginner to advanced followed by a yummy dinner, games and more FUN. Finish up on
  Sunday with a guided (or on your own) scenic ride. Family friendly., Kim Player, 435653-2440, meccabike01@gmail.com, biketheswell.org
- October 3-4, 2020 Trek Dirt Series Mountain Bike Camp, Fruita, CO, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more. Angela Campbell, 403-358-1144 (Canada), info@dirtseries.com, Elli Petersille, elli@dirtseries.com, dirtseries.com
- October 3-4, 2020 October Trek, Weiser, ID, 2 day mountain bike gravel ride, 86 mille raibs-to-trails conversion trail from New Meadows to Weiser, Idaho. Supported ride with meals and camping. Craig Kjar, 208-571-7447, 208-253-4433, octobertrek@gmail.com, weiserrivertrail.org/octobertrek.html, kotaho.com/octobertrekinformation/
- October 9-11, 2020 Hurricane Mountain Bike Festival, Hurricane, UT, Ride with us on world-class singletrack at the foothillis of Zion National Park. Join us for 3 days of bike festival shenanigans, awesome demobike & gear, Expo with great food and shopping, bike shuttles, skills clinics, Zion Brewery beer garden, dinner, prizes and moret, DJ Morisette, 435-635-5455, hurribrestival@gmail.com, hurricanemibfestival.com, ofesports.com
- October 9-11, 2020 BetterRide MTB Camp,
  Moab, UT, Take your skills to the next level by
  investing in yousself! Learn the skills to greatly
  improve your iding and drills to master those
  skills. Increase your confidence, skill and efficiently with the most experienced (20 years),
  effective and sought after coach in the sport,
  Gene Hamilton!, Ilse Harms, admin@betterride.net, betterride.net
- October 9-12, 2020 MTB San Rafael Swell Tour, San Rafael Swell, UT, Bilke, Yoga & Stargazing. In partnership with Salt Lake City's Clark Planetarium. Bilke, enjoy the most under the radar recreation area in Utah. "The Swell" offers world class mountain biking and dark skies for nighttime stargazing. Joined by a Yoga facilitator to stretch out all the kinks after a day in the saddle., Karen Johnson, 800-624-6323, karen.holidayriver@gmail.com, bikeraft.com
- October 10-11, 2020 Trek Dirt Series Mountain Bike Camp, Sedona, AZ, Women's Mountain Bike Camp for beginner to advanced levels, focusing on skill development and trail riding, for cross country and downhill riders. Skill instruction ranges from basic front wheel lifts and switchback turns to technical climbs, descents, drops, jumps and more, Angela Campbell, 403-358-1144 (Canada), into@clirtseries.com, Elli Petersille, elli@dirtseries.com, dirtseries.com, dirtseries.com, dirtseries.com.
- October 16-18, 2020 BetterRide MTB Trail Subfleties and Strategy Camp, Moab, UT, Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiently with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton!, lise Harms, admin@betterride.net, betterride.net
- October 29-November 1, 2020 Moab Ho-Down Mountain Bike Festival & Film Fest, Moab, UT, 15th Annual Mountain bike festival with dual stage enduro race, group shuttle rides, bike films, townie tour with poker run, dirt jump comp and costume party. The festival is a fundraiser for local trails and the bike parkl, Tracy Bentley, 435-259-4688, info@chilebikes.com, moabhodown.com, chilebikes.com
- Chilebikes.com

  November 20-21, 2020 Tinker Classic, Beatty, NV, MTB Race and Festival, 100k MTB Race and 60k Gravel Gran Fondo Rides +, Guided rides, demo bikes and industry vendors. Enjoy 60 + miles of Single track and many more miles or gravel roads and pavement. The weekend events will include a 3 day Bike Expo with demo's, festival rides on 60 + miles of single track, the 60 K Gravel Gran Fondo though Death Valley National Park and Rhyolite Ghost town, and the Main Event! The 100K Tinker Classic Mountain Bike Race. Award Ceremony with fireworks at Spicer Ranch , Cimarron Chacon, 970-759-3048, info@groraces.com, finkerclassic.com, GROpromotions.com
- May 7-9, 2021 US Bank Fruita Fat Tire Festival, Fruita, CO, 25th Anniversary festival kicking off the Mth bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music, Mike Heaston, 970-858-7220, emgmh@emgcolorado.com, George Gatseos, 970-858-7220, fruita@otesports.com, fruitafattirefestival.com

#### **Utah Weekly MTB**

#### Race Series

- April 4-August 1, 2020 Weekly Race Series, WRS, Sundance, Wasatch County, UT, Wednesday nights, April-Aug. Venue alternates between Wasatch County sites and Sundance, 6:30 pm. Prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., Tyson Apostol, 435-200-3239 (Wasatch), 801-223-4849, (Sundance), races@euclidoutdoors.com, John Woodruff, 801-223-4044, 801-223-4849, (Johnw@sundance-utah.com, 301-223-4849, (Sundance), races@weeklyraceseries.com, weeklyraceseries.com,
- May 26-August 18, 2020 Mid-Week Mountain Bike Race Series, Wasatch Front, Wasatch Back, Salt Lake Valley, UT, Tuesday nights (mostly), starting April 281 Locations 18D. Fun, competitive mountain bike racing for all ages and abilities. Each XC race features a free kids' race! 8 XC races, 4 Mini Enduro races, 1 Women's Mini Enduro, Crys Lee, 385-831-1515, <a href="mailto:crys@bikeutah.org">crys@bikeutah.org</a>, Jackie

Baker, 385-831-1515, jackie@bikeutah.org, midweekmtb.com

#### Regional Weekly

#### **MTB Race Series**

June 10-24, 2020 — Missoula Wednesday Night Race League, Western Montana Trail Series, Missoula, MT, Various courses. Wednesdays in June, Ben Horan, 312-502-5997, bfhoran@ amail.com, mtbmissoula.org

#### **Utah Mountain**

#### **Bike and Gravel**

#### Racing

- June 20, 2020 Three Peaks Classic ICUP, Intermountain Cup, Cedar City, U1, Endurance XC, 25-50 miles. 1700' per lap. 7.8 miles and 500 feet of elevation per lap on dirt roads and the fun singletrack that laces its way through Juniper and Pinion trees. Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, intermountain-cup.com, iddesouthernutah.com
- cup.com, ridesouthernutah.com

  July 18, 2020 The Rage at Snowbird, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flowy single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the ditr toad, this 5.1 mile course offers up approximately 570ft of climbing per lap. Margaret Gibson, 435-229-6251, margaret@redrockblcycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com, intermountaincup.com
- July 18, 2020 El Doce at Pow Mow, Powder Mountain Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 12 Mile lap, 1200' vertical per lap, 12 hours. Limited to 400 iders., Jenny Scothern, 801-399-1773, jenny@godfoundation.com, Clairesse Miljour, 801-399-1773, claire@godfoundation.com, eldoceut.com
- August 7-8, 2020 Abajo (Blue Mountain)
  Enduro, Monticello, UT, Two day, three stage
  race in the Abajo Mountains by Monticello
  Utah. Stage 1 starts Friday afternoon. A shuttle will be provided from the end of each
  stage to the start of the following course or
  to the parking area for the stage., Dustin
  Randall, 435-590-2741, info@roamutah.com,
  roamutah.com/abajoenduro
- August 8, 2020 Powder Mountain ICUP, Intermountain Cup, Powder Mountain, UI, 360° panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Darren Goff, 801-896-8244, info@intermountaincup.com
- August 15-16, 2020 Flyin' Brian Downhill and Dark Hollow Super D, Go-Ride Gravity Series, Brian Head, UT, Practice opens on Friday, August 12 at noon. The downhill is on Saturday, August 13. Dark Hollow Super D is on Sunday, August 14. , Ron Lindley, 801-375-3231, info@utahdh.org, go-ride.com, utahdh.org
- August 15, 2020 Cedar City Fire Road 100 Gravel Grinder, Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com
- September 5, 2020 Sundance SunDuro, Go-Ride Gravity Series, Sundance Resort, UT, USAC sanctioned Super-D Saturday and Downhill Monday, Ron Lindley, 801-375-3231, info@utahdh.gra.go.ide.com.utahdh.gra.
- September 13, 2020 Tour des Suds, Park City, UT, 7-mile mountain bike climb from City Park, to the top of Guardsman Pass with a 2,700ft elevation gain., Ginger Ries, 435-649-6839, ginger@mountaintrails.org, mountain
- September 26, 2020 Antelope Island 50K MTB Race, Antelope Island, UT, 6th edition of Antelope 50k Mountain Bike Race will be held at White Rock Bay Trailhead, Antelope Island State Park. There will be 3 race distances: 50k, 25k, and 15k. This is an MTB race on double and single track with varying elevation and some technical stretches on the 50k and 25k distances. Start time 9:00 AM, Packet pickup 7:30 AM, Wynn Hall, 801-941-4255, wynnhall@gmail.com, Matt Hall, 801-648-4659, mati@enduraevents.com, enduraevents.com
- October 2-3, 2020 Satty Lizard 100. Wendover, UT, Only an hour and a half west of Salt Lake City, the Salty Lizard 100 showcases the best of Wendover's amazing gravel roads with views of towering peaks and the Bonneville Salt Flats. Circling the Silver Island Range, the 106-mile route gives riders of all abilities the chance to check off an early-season century, or to experience a well-supported day out in the desert with friends. Robert Kennedy, stupidponyride@gmail.com, saltylizard100.com
- October 10-12, 2020 Moab Rocks, Moab, UT, Incorporates Moab's best classic and new routes and combines them into a 3-day masterpiece of cross-country and timed descents in a fully supported format, Kevin McDonald, 866-373-3376, info@transrockles.com, TransRockles.com
- October 12-13, 2020 Huntsman World Senior Games Mountain Biking, St. George, UT, Must be 50 years or older. Three events: hill climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-562-1268, 435-674-0550, <a href="https://www.news.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorgames.net/seniorg
- October 17, 2020 6 Hours of Frog Hollow, Frog Hollow Endurance Series, Virgin, UT, New Date: 13 mile long course in the UT desert combines sweet single track, with some technical sections, and great climbs. Great introduction to endurance racing or a great trainer for bigger races. Categories from solo to 3 person, including single speed categories., Climarron Chacon, 970-759-3048, info@groraces.com, groraces.com, 6hoursinfrognollow.com

- November 7-8, 2020 25 Hours of Frog Hollow, Frog Hollow Endurance Series, Hurricane, UT, Held Sat 10 am to Sun 10 am with the bonus double midnight lap due to the fallback time change. 13 mille long course in the UT desert combines sweet single track, with some technical sections, and great climbs. 11th Annual, Cimarron Chacon, 970-759-3048, info@groraces.com, 25hoursinfroghollow.com
- November 7, 2020 Red Rock Desert Rampage ICUP, Intermountain Cup, St. George, UT, The XC opener on the traditional Desert Rampage course, with approximately 6 mile lap at Green Valley, Margaret Gibson, 435-229-6251, margaret@redrockbloycle.com, Darren Goff, 801-896-8244, Info@intermountaincup.com, intermountaincup.com, intermountaincup.com, intermountaincup.com, intermountaincup.com,
- March 11-13, 2021 True GRIT Epic Bike Race, National Ultra Endurance Mountain Bike Series (NUE) 100 and Marathon SE, Santa Clara, UT, Epic ultra-endurance mountain bike race with 100 and 50 mile options over tough and technical terrain. Course is a 50 mile loop. Staggered starts at 7am, 9am and 11am cut off time is 6pm, choose from open category with cash purse. Finish with live music, vendors and beer garden. Cimarron Chacon, 970-759-3048, info@groraces.com, truegritepic.com
- June 26, 2021 Fast Times at Richfield, Intermountain Cup, Richfield, UT, Check back for complete details. Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com/intermountaincup.com
- July 10, 2021 The Crusher in the Tushar, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic!, Burke Swindlehurst, roadirt@msn.com, tusharcrusher.com
- September 4, 2021 Park City Point 2 Point, Park City, UT, A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing. Jay Burke, 801-330-3214, snowchicken ib@gmail.com. theocopp.com

#### Regional Mountain

#### Bike and Gravel

#### Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

#### and Beyond

- June 20, 2020 Lake Tahoe Mountain Bike Race, Postponed, Tahoe City, CA, Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, biablueadventure.com
- June 20, 2020 The Bailey Hundo, Cancelled for 2020, Palmer Lake, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet, the HUNDIO is 50 miles with 6,000 vertical feet, in the Buffolo Creek trail system permitted by the USFS., Bob Campbell, 303.526.3000, bob@rkcampbell.com, balleyhundo.org
- June 21, 2020 The Encierro Velo Gravel Grinder, Colorado Gravel Grinder Championships, Monument, CO, Gravel grinder with 100 km and 50 km options Start/finish location is moved to Spring Valley Cemetery and adding Class 1 Ebike for 50K with later start time (no age or gender classes). Working head and tall light and helmet are required. Maps will be adequate for 50 km but GPS is preferred for 100 km option., Phil Schweizer, 877-743-3566, phil koobisad-dles@msn.com, coloradogravelgrinder-championship.com/encierro-velo/the-race
- June 26-28, 2020 Carson City Off-Road, Epic Rides Off-Road Series, Carson City, NV, CANCELLED, At the Carson City Off-Road, riders of all skill levels will enjoy big climbs, long singletrack descents and expansive views of Lake Tahoe, the Eastern Sierra Nevadas, and the historic Washoe Valley while being immersed in 3-days of mountain bike culture accented by free live music., Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, epicrides.com
- June 27, 2020 Coal Country Gravel Grinder, Wyoming Gravel Grinder Series, Gillette, WY, 25, 55, and 135 miles options with start times at 6 a.m. for 135 miles, 7 a.m. for 55 miles, and 8 a.m. for 25 mile option. For intermediate to experienced cyclists but doable for most. Cash purse. Festival with live music, street dancing, games, and a bike raffle., Adam Leiferman, 307-462-6038, leiferman.adamagmail.com, David Bauer, 307-660-1570, dbaueri36@mail.com, wyominggravel.com, energyaddicts.net.
- July 7-12, 2020 USA Cycling Mountain Bike National Championships, POSTPONED, Winter Park, CO, Chuck Hodge, 719-434-4200, chadge@usacycling.gra.usacycling.gra
- July 11, 2020 Tahoe Trail 100, Leadville Race Series, Northstar, CA, Ride 50K or 100K of rocky summits, breathtaking pine forests and beautiful Lake Tahoe views. 100K riders can qualify for the Leadville Trail 100 MTB, Josh Colley, 719-219-9357, youphoriacontact@gmail.com, Todd Jackson, 530-546-1019, todd@blgblueadventure.com, tahoetrailm-tb.com, youphoriaproductions.com
- July 11, 2020 Enduro Pescado Whitefish Enduro, Montana Enduro Series, Whitefish, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@

- montanabicycleguild.org, montanaenduro.
- July 11, 2020 Brundage Mountain Cross Country, Tentative date, Knobby Tire Series, McCall, ID, Cross country and endurance mtb race on Sunday, Alex Phipps, 208-841-4120, alex01phipps@gmail.com, knobbytireseries.com
- July 11, 2020 Joe Cosley Pancake Ride Gravel Grinder, Whitefish, MT, The Uff da 184 rolls out to about 184 miles with 18k of climbing and descending. The route is a loop, with an aid station at about mile 40, 100, 150, and a convenience store at mile 60. The route rolls over mixed surfaces. 90% dirt and 10% chipseal/pavement. Roads are a combination of Forest Service, Montana Dept. of Resources, BLM and County. Dirt roads are improved and suitable for 2 wheel drive vehicles. Paved roads are, well paved. All roads are open to general vehicle traffic, Route: https://ridewithgps.com/routes/29517384, Brad Lamson, joe@pancakeride.com, pancakerides.com.
- July 11, 2020 Tahoe Trail, CANCELLED, Leadville Race Series, Northstar Village, CA, Leadville Qualifier. The Tahoe Trail 100 offers athletes a 2-loop, 50 kilometer course filled with beautiful views of Lake Tahoe. , Paul Anderson, 719-219-9364, panderson4@lifetimefitness.com, leadvilleraceseries.com
- July 12, 2020 Eagle Enduro, Revolution Enduro Series, Eagle, CO, This venue for the series will be a big one day backcountry race venturing up into the high country with both technical and high speed courses!, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- July 17-19, 2020 NW Cup Downhill Series,
  Northwest Cup Downhill Series, Kellogg, ID,
  Downhill race. Held at Silver Mountain Bike
  Park. Friday will be open practice. Saturday
  will be split practice by category. Pro/JuniorX
  seeding Saturday evening. Sunday racing
  all categories, Scott Tucker, 360-797-4288,
  scott@nwcup.com, nwcup.com
- July 25, 2020 Butte 100 Races, CANCELLED, Butte, MT, Continental Divide Trail, Single Track, Big Sky Country, 100 and 50 mile options, and a Sorini 25 mile option. 13th Annual, Stephanie Sorini, 406-490-7632, stephaniesorini@butte100.com, butte100.com
- July 25, 2020 Galena Grinder 4.0, tentative, Knobby Tire Series, Galena Ladge, ID, XC/Marathon, 22.5 mile loop with 50% single track, start/finish at 7,000 feet with total gain of 3200 in one loop, open category (for races who choose not to purchase a license) held for the marathon, which is 22.5 mile loops., Alex Phipps, 208-841-4120, alex-01 phipps@gmail.com, knobbyliteseries.com
- July 25, 2020 Up the Creek (UTC) Cascade Gravel Grinder, CANCELLED, Cascade, ID, Cyclists will enjoy some of Idaho's beautiful back country. We will offer two routes; 1) a 60-mile route that will include a race feature until mile marker 45 and 2) a 40-mile route that features a scenic loop through Round Valley. Most of these routes will be on dirt roads thus the gravel grinder name. We are also adding a race feature for the longer route, please go to the website, Mary , 513-382-3938, info@4summitchallenge.com, 4summitchallenge.com
- July 25-26, 2020 Pomerelle Pounder DH, Go-Ride Gravity Series, Albion, ID, Two USAC sanctioned downhill races in two days., Ron Lindley, 801-375-3231, info@utahdh.org, Darren Lightfield, 208-608-6444, wildrocklesemail@yahoo.com, go-ride.com, ufahdh.org
- July 25, 2020 Lone Peak's Revenge Big Sky Enduro, Montana Enduro Series, Big Sky, MT, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@ montanabicycleguild.org, montanaenduro. com, montanabicycleguild.org
- July 25, 2020 The Rift Gravel Race Iceland, CANCELLED, Hvolsvöllur, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the continental rift between North America and Eurasia a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable!, The Rift , 011-354-626-3332, info@therift.bike, theriff bike
- July 30-August 2, 2020 Downieville Classic, Lost Sierra Triple Crown, Downieville, CA, All mountain, cross country, and downhill races, Live music, premium beer, food vendors and anall-weekend mainstreet industry expo top off the event, mountain bike festival, Kurt Stockton, ks@sierratralis.org, downievilleclassic.com
- August 1, 2020 Pierre's Hole MTB Race, National Ultra Endurance Series, Alta, WY, 12th Annuall Staging begins at the Grand Targhee Resort, ample lodging and ameni-

ties available. 100 consists of 33-mile loop, each lap features approx. 4,000 ft climbing on single and double-track trails. The race course is on an IMBA Epic trails at Grand Targhee. Total elevation for the 100 mile race is approx. 13,000 ft. 100 mile (3 laps), 100km (2 laps), 50km (1 lap) events. The 100 mile race is part of the NUE Series and the 100 k is a new NUE marathon series race., Andy Williams, 800-TARGHEE ext. 1309, awilliams@grandtarghee.com, grandtarghee.com/pierres-hole-50-100-mountain-bike-race/

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- August 1, 2020 Breck Bash , CANCELLED, RME, Breckenridge, CO, 4 distance options. This year we offer a revised course and shortened version of the Ultra, covering two amazing loops of high country bliss. So saddle up and get ready to get a fresh take on a kickass network of backcountry trails and roads that will delight and challenge. Thane Wight, 970-401-1422, tanonicardo@yahoo.com, tockymountainendurance.com
- August 2, 2020 Race Montana Triathlon, Great Falls, MT, Sprint and Olympic Distance solo and team triathlon. Adult and youth events available. Beginner adults can sign up for "Try A Tir" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run)., Ron Ray, 406-761-2222, info@racemt.com, racemt.com/event/ race-montana-triathlon, racemt.com/event/
- August 7-9, 2020 Steamboat Stinger, Mountain Town Challenge Series, Steamboat Springs, CO, Beginnling at 8:00am at the Howelsen Hill Ski Area in the heart of Steamboat Springs. The course takes a 50 mile singletrack detour into the beautiful backcountry of Routt County with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and duo team options available, Nate Bird, 866-464-6639, nate@honevstinger.com/ jordan Edwards, 866-464-6639, steamboatstinger@honeystinger.com/ honeystinger.com/
- August 8, 2020 Tamarack Twister, TENTATIVE, Knobby Tire Series, Donnelly, ID, Cross country and enduro race on Sunday at a beautiful venue. Cross Country race, Fast and flowy, Alex Phipps, 208-841-4120, alex01 phipps@gmail.com, knobbytireseries.com
- August 8-9, 2020 Steamboat Springs Enduro, Revolution Enduro Series, Steamboat Springs, C.O., Saturday racing will start with a shuttle ride to access new never raced trails for 3-4 Stages in the back country. Sunday August 19, will be three Stages with lift and pedal transfers at the Steamboat Bike Park and Forest Service trail system, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com
- August 8, 2020 Winter Park Sunrise to Sunset, CANCELLED, Roll Massif, Winter Park, CO, 12-hour relay format, the section of trails used in Sunrise to Sunset are just above town, making access and relaxation between laps super easy. Winter Park Sunrise to Sunset will be held in conjunction with Crooked Gravel., Tracy Powers, support@rollmassif.com, roll-massif.com
- August 8, 2020 Crooked Gravel, Roll Massif, Winter Park, CO, 65- and 93-mille routes get right down to business, taking riders from downtown Winter Park onto remote gravel roads and up into the mountains. Held in conjunction with Winter Park Sunrise to Sunset, Tracy Powers, support@rollmassif.com, roll-massif.com
- August 9, 2020 Tamarack Enduro, TENTATIVE, Wild Rockies Series, Donelly, ID, 5 min Super D Enduro- XC on fast, flowing single track route and wooden bridges. On the 10 mile lap XC and run course, you'll find deep woods, single track and wide-open fire road. Qualifier for USA Cycling Mountain Bike National Championships., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, twisted-turtleracing.com
- August 9, 2020 Oak Flats MTB Race, New Mexico Off Road Series, Albequerque, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, Par, 505-730-2615, parmenides.orpinel@gmail.com, nmors.org, oakflatsmtb.com
- August 15-16, 2020 12 and 24 Hours of Flathead, Kalispell, MT, A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bloycle and hand cycle courses. Held in Herron Park., Tia Celentano, 406-261-1769, info@24hoursofflathead.org, 24hoursofflathead.org, facebook.com/24HoursofFlathead
- August 15, 2020 Wente 8-Hour MTB, Willits, CA, The funnest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating. 8 Miles, 1,745' of climbing and bermy-berms for days. NOTE: Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race week-





end. No trespassing!, Bike Monkey , 707-560-1122, <u>info@bikemonkey.net</u>, <u>racewente.com</u>

August 22, 2020 — York 38 Special, York, MT, Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet!, Rita Naylor, 406-475-3085, rbnmontana@gmail.com, york-38special.org

August 22-23, 2020 — Big Mountain Enduro, Big Mountain Enduro Series, Big Sky, MT, BME Stop #2: 3 to 4 stages per day and upwards of 7,500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3,000 feet of climbing over both days. Steep and technical., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

August 23, 2020 — Three-Quarter Minus Cykeltur Gravel Grinder, Sandpoint, ID, Syringa Cyclery , 208-610-9990, syringacyclery@gmail.com,

August 29, 2020 — The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 80 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tall light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. 6th Annual, ride through the picturesque Spanish Peaks. This event will also include an electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3566, phil koobisaddles@msn.com, coloradogravelgrinderchamplonship.com/pony-xpress/the-race

August 29, 2020 — Big Sky Biggie, Big Sky, MT, 30 and 50 Mile races on Saturday. Starting in Big Sky's Town Center (Meadow Village) and climbing into the scenic views from Lone Peak and Buck Ridge, riders will ride some of the area's most exhilarcrating (and challenging) pieces of single-track, double-track, gravel roads and the occasional paved segment, Short-Track event on August 23, the Friday night before offering a family-friendly venue and fun race for children and adults. Natalle Osborne, 907-223-0858, natalle@bigskyblagle.com.

August 29, 2020 — Rendezvous Enduro, Montana Enduro Series, Teton Village, WY, Montana Enduro Series , contact@montanaenduro.com, Christine Wike, christine@montanabicycleguild.org, montanaenduro.com, montanabicycleguild.org

August 29, 2020 — La Tierra Torture Mountain Bike Race, New Mexico Off Road Series, Santa Fe, NM, fast and flowy course, Jan Bear, 505-670-4665, janbea@gmail.com, nmors.org, core-crew.com

August 29, 2020 — Lake City Alpine 50, Lake City, CO, This lung-busting race will take you by the iconic Lake San Cristobal before climbing through the alpine tundra to the two of the highest passes in Colorado: Cinnamon Pass (12,640 feet) and Engineer Pass (12,800) feet. The race will feature over 7,500 feet of climbing through some of the most incredible sections of the San Juan Mountains. This is a USA Cycling sanctioned event. benefit the Town of Lake City and the Lake Fork Valley Conservancy, Michael Fleishman.

August 29, 2020 — Royal Gorge Six and Twelve Hour MTB Races, Cañon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554. 0059, ElCapitan@ZiaRides.com, ziarides.com

August 29, 2020 — Old-Fashioned Mountain Bike Race, Flagstaff, AZ, The MTB season restarts in Flagstaff. Technical challenges await - 1-2-3 lap categories. Old school mountain bike racing in Fort Valley., Jeff Frost, 928-380-0633, canisbleu@gmail.com, banburnermtb.com, leadvilleraceseries.com

August 30, 2020 — Scratchgravels XC Cup, Montana Off-Road Series (MORS), Helena, MT, The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track. Demo bikes after the race., Joe Hamilton, inamilton@bresnan.net, Jason Steichen, jason.steichen@gmail.com, Sheli Thomas, thomasshelit@gmail.com, montanacycling.net

cling.net

September 3-6, 2020 — Rebecca's Private Idaho Gravel Grinder and Festival. Ketchum, ID, Lifestyle, mountain bike and outdoor festival staged in beautiful Sun Valley, Idaho over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renown mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to Rebecca's favorite local, national and global cycling charities. Join the "Queen of Pain" on this beautiful



route that ends in a great down-home party with food, festivities, music, and libations. Colleen Quindlen, 254-541-9661, colleen@ rebeccarusch.com, rebeccasprivateldaho.com

September 5, 2020 — Truckee Dirt Fondo, Truckee, CA, Competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hard-tail MTB. 3 course options: 65.1 ml (Long), 58.1 ml (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (4.6 ml). Benefits the Truckee-based non-profit Adventure Risk Challenge., Bike Monkey , 707-560-1122, info@bikemonkey.net, truckee-diftfondo.com. www.adventureriskchallenge.org

September 5, 2020 — Wild Horse Gravel, Roll Massif, De Beque, CO, Our Wild West gravel goes deep into the backcountry, taking in the full gamut of conditions: smooth, rugged, rutty, rocky, sandy, steep. 45-mile loop. Ride once or twice., Tracy Powers, support@rollmassif.com, rollmassif.com

September 6, 2020 — Signal Peak Challenge MTB Race, New Mexico Off Road Series, Silver City, NM, 12, 25, and 31 mile races, Jan Bear, 505-670-4665, janbea@gmail.com, Martyn Pearson, 575-654-3966, martynpearson56@gmail.com, signalpeakchallenge.com, nmors.ord

September 6, 2020 — Nevada City Dirt Classic Cross Country Race, TENTATIVE, California Dirt Mountain Bike Series, Nevada City, CA, Race 4 of the California Dirt Mountain Bike Series, Duane Strawser, 530.263.3388, 530.265.2187, oldproracer@gmail.com, ncfattirefestival.com

September 6, 2020 — Powderhorn Enduro, Revolution Enduro Series, Powderhorn, CO, one day, lift service race, David Scully, 970-846-5012, david@revolutionenduro.com, revolutionenduro.com

September 12-13, 2020 — Big Mountain Enduro. CANCELLED, Big Mountain Enduro Series, Santa Fe, NM, BME Stop #3: A two-day back-country race entailing upwards of 6'000 feet of long rocky descents., Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com, bigmountainenduro.com

September 12, 2020 — The Angry Horse Gravel Grinder, Idaho Falls, ID, Come crush some gravel and Ride the Angry Horse. This fully supported ride offers three different routes. The Filly Run is a rolling 10 miles of all gravel fun, the Cott Run is 45 miles and 4200 vertical feet of climbing. Finally the Stud Run is 120 miles of epic suffering, rolling all the way down and around Blackfoot Reservoir and on through the Grays Lake National Wildlife Refuge, before turning up Horse Creek. Register at USACycling.com ALL of the proceeds will go to saving Wild Mustangs. Come out and ride the untamed., Brooke Jeffs, 208-528-0664, ridetheangryhorse@yahoo.com

September 12-13, 2020 — Big Mountain Enduro, Big Mountain Enduro Series, Winter Park, CO, BME Stop #1: The BME returns to Winter Park again in 2020. Taking place on July 25th (24th for Sport categories), this ever-popular event will blend high altitude racing mixed with rugged terrain and big descents. Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

September 12-13, 2020 — Flagstaff Enduro, Flagstaff, AZ, Two days of enduro racing in and around Flagstaff, Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvilleracesefies.com

September 13, 2020 — Battle of the Gravel, Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 distances a 21, 68 and 91 miles. The event will start and finish at the Boyer YL Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stops. Lodging and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at teamafricarising.org, Kimberly Coats, 307-383-7778, 530-744-8773, teamrwandecycling@gmail.com, battleofthearrovel.com

September 19, 2020 — Barn Burner 104, Leadville Race Series, Flagstaff, AZ, 104 mile mountain bike race, Solo, Duo, Teams, Kaibab and Coconino National Forest, Camping on private land. 26 and 52 mile options. Party afterwards with music, food, and beer, Jeff Frost, 928-380-0633, canisbleu@gmail.com, barnburnermtb.com, leadvillergaeseries.com

September 19, 2020 — Fire on the Rim Mountain Bike Race, Pine, AZ, 15, 30, and 45 mile mtb races near Payson, AZ, Janet Brandt, info@ fireontherim.com, fireontherim.com

September 19, 2020 — 12 Hours of Penitence, Penitente Canyon, San Luis Valley, CO, A 12-hour endurance mountain bike race with a course so entertaining, you'll be asking yourself, "Can I do one more lap?", Jerry Duran, 719-480-3885, 12hoursofpenitence@gmail.com, 12hoursofpenitence.com

September 19, 2020 — Gunni Grinder , Gunnison, CO, Two course options. Single loop-format. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote therefore will include signage to help prevent riders from getting off course., Joel Grimmett,

512-751-8940, <u>Joel@racerevolutions.com</u>, thegunnigrinder.com

September 20, 2020 — Yeti Beti Bike Bash p/b Stan's No Tubes, Beti Bike Bash, Lakewood, CO, Women's only mountain bike race and festival including: Little Bellas Girls Camp and VIDA MTB Series Clinic. All ages and abilities welcome. Amy Thomas, 720-878-7363, betibikebash@gmail.com, Sarah Rowley, 503-805-0043, sarah@mountaingrownmarketing.com, betibikebash.com

September 24-27, 2020 — Mountains to Meadows, Grinduro, Quincy, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated tothree days of camping, live music (including a late-night DJ), beer, awesome food, and campfires., Kurt Stockton, ks@sierratrails.org, grinduro.com

September 26, 2020 — Fears, Tears and Beers Enduro, Ely, NV, Enduro mountain blke event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes., Kent Robertson, 775-289-6042, 775-296-2162, krobeg@mwpower.net, Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net, elynevada.net/fears-tears-and-beers/

September 26, 2020 — Chino Grinder p/b Lauf, Chino Valley, AZ, Endurance Cycling Event- Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options, AZ Gravel Rides , 480-452-9767, AzGravelRides@ gmall.com, azgravelrides.com, chinogrinder. azgravellides.com

September 27, 2020 — Horny Toad Hustle MTB Race, New Mexico Off Road Series, Lac Cruces, NM, Jan Bear, 505-670-4665, janbea@gmail.com, Dave Halliburton, 575-312-5991, gotdirtnm@gmail.com, hornytoadhustle.com, nrnors.org

October 3, 2020 — Tour of the White Mountains, Pinetop-Lakeside, AZ, Arizona's longest standing mountain bike event. At 7,000 feet, The Tour is a grassroots event with laid back vibes among a gathering of bike-minded individuals., Dave Castro, 520-623-1584, info@epicrides.com, Dave Castro, dcastro@epicrides.com, plorides.com

epicrides.com, epicrides.com

October 3, 2020 — Road Apple Rally MTB Race, New Mexico Off Road Series, Farmington, NM, The Road Apple Rally began in 1981 as a competition between horses and bicycles. It has since become a bicycle only race and stands as the longest running annual mountain bike race in the United States. Bring the family for a day of fun and try the children's riding obstacle course. This celebrated mountain bike race features five divisions: Beginner, Pro, Expert, Sport, Single Speed. The Beginner course is a 15 mille loop, all others ride the full 30 mille Road Apple Rally course. Both courses feature the whoops, where you spend more time in the air then on the ground! Course terrain also includes short climbs, flats, sandy arrayos and sharp coners. , Jan Bear, 505-670-4665, ianbea@gmail.com, Leslie Mueller, 505-599-1184, Imueller@firth.org, fmtn.org/277/Road-Apple-Rally, nmors.org

October 4, 2020 — Great Trail Race, Truckee, CA, Ride or Run between Truckee and Tahoe City. The Great Trail Race follows roughly the same route as The Great Ski Race between Truckee and Tahoe City with one major difference: You choose to run or blike one of two course options, Elite or Classic. The Elite division course adds in more technically challenging terrain., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Klley McInroy, klley@bigblueadventure.com, bigblueadventure.com, greatfrailirace.com

October 10-11, 2020 — Big Mountain Enduro, Big Mountain Enduro Series, Angel Fire, NM, BME Stop #4: a two-day race entailling upwards of 12'000 feet of long technical descents throughout the weekend. Racers can expect 3 to 4 stages per day on some of the most legit trails in the country. Brandon Ontiveros, brandon@bigmountainenduro.com, bigmountainenduro.com

October 10, 2020 — Co2uT - Desert Gravel, Fruita, CO, The Co2uT chemical equation can be broken down as follows: Co=Colorado, 2-to, uT=Utah. This kick-ass gravel race will take you from Colorado to Utah...and back. Designed by a long-time western-slope local, each route offers mind-blowing, gravel-loving terrain, quad-busting hills, breathtaking views, wildlife cameos, epic adventure and of course, FUN., Jennifer Barbour, 303-503-4616, excedir@eamevergeen.org, Kim Nordquist, 303-249-6168, director@bloyclerace.com, desertgravel.com, teamevergreen.org

October 15-18, 2020 — USA Cycling Collegiate Mountain Bike National Championships, Durango, CO, Collegiate National Championships and Montana High School Championships, Chuck Hodge, 719-434-4200, chodge@usacycling.org, Chad Sperry, chad@ograg.net, Ben Horan, 312-502-5997, bfhoran@gmail.com, usacycling.org

October 17-18, 2020 — 12 Hours in the Wild West, Ruidoso, NM, 6 hour and 12 hour race, held at Grindstone Lake Trail system, Seth Bush, 505-554-0059, <a href="mailto:ElCapitan@ZiaRides.com"><u>ElCapitan@ZiaRides.com</u></a>, <a href="mailto:ziarides.com">ziarides.com</a>

October 31, 2020 — Prescott 6er, Prescott, AZ, 6 hour and 12 hour mountain blke race on a 9 mille loop with solo, duo, junior, masters and singlespeed categories, Breanna Bissell, 480-



734-0558, info@mangledmomentum.com, prescott6er.com

November 14, 2020 — USA Cycling Marathon MTB National Championships, Palo Duro Canyon, TX, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

November 21, 2020 — Prickly Pedal MTB Race, Peoria, AZ, Get in a heart-pumping, rip-roaring ride through the desert terrain of the Maricopa Trail beginning in Cave Creek, Arizona and finishing at Lake Pleasant Regional Park in Peoria, Arizona. All proceeds benefit the non-profit Maricopa Trail and Park Foundation, Jeff Frost, 928-380-0633, canisbleu@gmail.com, pricklypedal.com

November 21, 2020 — 12 Hours of Fury, Fountain Hills, AZ, 12 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 12 hours wins itt, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

November 21, 2020 — Tinker Classic, NUE ( National Ultra endurance Series), Beathy, NV, New datel MTB Race and Festival. Enjoy 60 + miles of singletrack and many more miles of gravel roads and pavement. 3 day Bike Expo with demos., Cimarron Chacon, 970-759-3048, info@groraces.com, tinkerclassic.com

November 21, 2020 — 6 Hours of Fury, Fountain Hills, AZ, 6 Hours of Fury will test your body, mind and mountain biking skills. The race will begin and end at the Four Peaks Staging Area in McDowell Mountain Regional Park. The 15 mile loop is smooth, fast and fun. The most loops in 6 hours wins til, Jeremy Graham, 623-330-0913, jeremy@4peaksracing.com, 4peaksracing.com/events/12-hours-of-fury-2017

December 12, 2020 — Dawn to Dusk AZ, Fountain Hills, AZ, Endurance mountain bike relay. Compete as a solo, duo, or team on a fast, fun course in McDowell Mountain Regional Park. Family friendly camping and event expo promises a fun weekend! Space is limited to 125 solo riders, 100 two-person, 50 four-person, and 10 corporate entries, Seth Bush, 505-554-0059, Elcapitan@ZioRides.com, ziarides.com/event-register/dawndusk-arizona

May 1, 2021 — Avimor Coyote Classic, Knobby Tire Series, Avimor, ID, 14th annual - This is real mountain bike racing; not for the weak. High speed rolling double and single track with a ton of climbing. Tight, technical sagebrush single frack, water crossings, quick steep drops, nasty little granny gear climbs. Alex Phipps, 208-841-4120, dex01phipps@gmail.com, knobbytireseries.com, brokenspokecy-clina.com

May 7-9, 2021 — US Bank 18 Hours of Fruita, Fruita, CO, 16th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams and 30 solos, Mike Heaston, 970-858-7220, emgmh@emgcolorado.com, George Gatseos, 970-858-7220, fruita@otesports.com, 18hrsoffruita.com

May 8-9, 2021 — Grand Enduro, Grand Junction, CO, 4th Annual, Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of racing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles., John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, grandenduro.com, madracingcolorado.com

June 5, 2021 — Jug Mountain Enduro, Wild Rockies Series, McCall, ID, Enduro mtb race, Alex Phipps, 208-841-4120, <a href="mailto:alex01phipps@amail.com">alex01phipps@amail.com</a>, twistedturtleracing.com

June 19, 2021 — Ride Around the Rubies, Lamoille, NV, Gravel Grinder! See the Ruby Mountains like you've never seen them before, on the summer solstice, June 20, 2020. This one-day bicycle ideo or ace begins and ends in scenic Lamoille, Nevada. Choice of a 36, 62 or full 117 mile loop on paverment, gravel and dirt roads. Ride it or race Itl, Kerry Aguirre, 775-397-1922, kerry.aguirre@gmail.com, www.fidearoundtherubies.com

June 26, 2021 — Pocatello Enduro, Idaho Enduro Series, Pocatello, ID, Long back-country stages. 28+ miles, 5000' descending, 4000' climbing. Pro payout., Alex Phipps, 208-841-4120, alex01phipps@gmail.com, idahoenduroseries.com

July 10, 2021 — Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier, Paul Anderson, 719-219-9364, panderson4@lifetimeffithess.com, leadvilleraceseries.com

July 30-August 1, 2021 — Leadville Stage Race, Leadville Race Series, Leadville, CO, 100M (100 miles over three days), Team Option. Experience the legendary Leadville Irail 100 course over three days. Push the pace to see what you're made of, or use the stages to prepare or qualify for the Leadville Irail 100 in August. This is one amazing party, with daily stage prizes, raffles, unmatched swag, food, beer and live music. , Paul Anderson, 719-219-9364, panderson#@lifetimetitness.com, leadvilleraceseries.com

August 14, 2021 — Leadville Trail 100, Leadville Race Series, Leadville, CO, One of the most notorious and challenging bike races in the world, 100 mile out-and-back. Paul Anderson, 719-219-9364, panderson4@ife-timefitness.com, leadvilleraceseries.com

August 15, 2021 — SBT GRYL Gravel Grinder, Steamboat Springs, CO, 6:30 am on Yampa Street. Three distances: 37/100/141 miles with 2000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads, Amy Charity, 970-215-4045, info@sbtgrvl.com, sbtgrvl.com

#### **Utah Weekly**

#### Road Race Series

Utah Criterium Series — Locations TBD, Utah Crit Series, West Valley City, UT, New tentative start date: May 5, 2020; Saturdays at 11 am in March - Tuesdays at 6pm, April - through September, A and B at 6, C and D at 7 pm, Locations TBD, Marek Shon, 801-209-2479, utaritseries@gmail.com, utahcritseries.com

Salt Air Time Trial Series — Utah Crit Series, Salt Lake City, UT, Every other Thursday April-September, 1-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries. com

DLD (DMV) Criterium — Utch Crit Series, West Valley City, UT, Weekly Training Crit at the Driver's Training Center, 47005, 2780W., A filte - 6 pm, B filte between 6:45 and 7:05, Call for information regarding C filte. Wednesdays April April - August, Marek Shon, 801-209-2479, utcritseries@gmall.com, utahcritseries.com

Emigration Canyon Hillclimb Series — Utah Crit Series, Salt Lake City, UT, Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, utcritseries@gmail.com, utahcritseries.com

Series — Logan, UT, Thursday Night Time Trial Series — Logan, UT, Thursdays. IT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course, Stephen Clyde, 435-750-8785, swc@mdsc.com, Ben Kofeod, benhkof@hotmail.com, Travis Dunn, travis.dunn@usu.edu, loganraceclub.org

#### Utah Road Racing

June 18-20, 2020 — Utah Summer Games, Utah Summer Games Cycling, Cedar City, UT, Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Pace Clarke, 435-865-8423, paceclarke@suu.edu, utahsummergames.org

June 27, 2020 — Antelope Island Classic, CANCELLED for 2020, UCA Series, Antelope Island, UT, Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options. \$2,000 cash plus prizes., James Ferguson, 801-476-9476, ferguson8118@comcast.net,

June 27, 2020 — Goshen Circuit Race, UCA Series, Goshen, UT, 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Troy Huebner, 427-0532, trovworkone@comcast.net.

July 10-11, 2020 — Cache Gran Fondo, UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 9th annual, 2nd year as an UCI Gran Fondo World Championship Qualifier, and riders of all

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- abilities invited. 10-mile TT on Friday. 38, 50, 70 and 100-mile courses on Saturday follow a fun, low-traffic, and scenic route through Northern and Cache Valley. UT with a challenging hill in each. The finish is a festival for all idders, with race pizes, (UCI winners jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships., Troy Oldham, 435-764-2979, oldhamtroy@gmail.com, cachegranfondo.com com, cachegranfondo.
- July 18, 2020 Salt Lake Criterium, CANCELLED, USA CRITS, Salt Lake City, UT, Professional and amateur categories, expo and more! Benefits the Utah Food Bank, Eric Gardiner, 801-660-9173, salt-lakecriterium.com
- July 19, 2020 Sugarhouse Criterium, UCA Series, Salt Lake City, UT, New date! Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship, Jared Eborn, 801-599-9268, jared@extramileracing.com, extra-
- July 25, 2020 Little Cottonwood Canvon Hill Lift 25, 2020 — Lime Cottonwood Canyon Hill Climb, Alfa, UT, Little Cottonwood Canyon has been called the l'Alpe d'Huez of North America. With nearly 4000 feet of elevation gain in -12 miles, this is a hill climb that will challenge every type of rider. Rides starts an am start on 9400 S. near 2000 E. and races all the way to the end of the pavement on LCC road. , James Zwick, 801-870-4578 sports@sports-am.com, Breanne Nalder, 801-550-0434, breannenalder@gmail.com, sports
- July 31-August 1, 2020 Saints to Sinners Bike Relay, CANCELLED, Salt Lake City, UT, The Original fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com, SaintstoSinners.com
- August 1, 2020 East Canyon Echo Road Race, TENTATIVE, UCA Series, Henefer, UT, 10 AM start in Henefer to East Canyon Resort, turn around go to Echo Canyon, back to Henefer and finish on Hogsback. 60 mile course, James Zwick, 801-870-4578, sports@sports-am. <u>com</u>, <u>sports-am.com</u>
- August 1, 2020 O-Town Throwdown, Ogden, UT, Dee Events Center, Weber State University, Jared Eborn, 801-599-9268, jared@extramil-eracing.com, extramileracing.com
- August 3-9, 2020 Larry H. Miller Tour of Utah The Tour of Utah is a UC sanctioned men's professional cycling stage race that is part of the new UCI ProSeries. As America's Toughest Stage Race, the week-long event features 120 riders from 17 teams on a variable race route throughout Utah. It is broadcast worldwide on Tour Tracker and free for spectators., Larry H. Miller Tour of tah , 801-325-7000, info@tourofutah.com
- August 15, 2020 Wildflower Hill Climb, Mountain Green, UT, Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event. Nick Bowsher, 801-610-9422, info@wildfloweroutdoor.com,
- August 15, 2020 Mirror Lake Highway Ro-Race, UCA Series, Kamas, UT, Details TE Troy, Huebner, 427-0532, troyworkone@cc
- August 22, 2020 Midvale Crit Utah State Criterium Championship, Midvale, UT, Course: IBD, Dirk Cowley, 801-699-5126, dcowley@comcast.net, racedayeventmanagement commonstrates.
- August 28-31, 2020 Hoodoo 500, Planet Ultra ugust 26-31, 2020 — noodeo 300, Pialet Ullid Grand Slam Endurance Series, St. George, UT, 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, embassy@planetultra. doo500.com
- August 29, 2020 Tintic Road Race, UCA Series Eureka, UT, Details TBD, Jared Eborn, 801-599 9268, jared@extramileracing.com,
- September 5, 2020 Gran Fondo Moab, Moab UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing. Scott Newton, 800-635-1792, 970-275-1633, info@granfondomoab.com, gran-
- September 12, 2020 LOTOJA Classic Road Race, Logan, UT, 38th Annual, 1 day, 3 states, 200-plus mile road race from Logan, UT to Jackson Hole, WY, Brent Chambers, 801-546-0090, info@lotoja.com, lotoja.com
- September 24-27, 2020 USA Cycling Masters Road National Championships, Cedar City, UT, Shawn Brett, 719-434-4200, sbrett@usacycling.org, <u>usacycling.org</u>
- October 6-10, 2020 Huntsman World Senior Games Cycling, St. George, UT, Must be 50 years or older. Three events: hill Climb, downhill, and cross country. Expert, Sport and Beginner Skill Divisions., Kyle Case, 800-

- 562-1268, 435-674-0550, <u>hwsg@seniorgames.</u>
- October 10, 2020 City Creek Bike Sprint, Salt Lake City, UT, Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun, James Zwick, 801-870-4578, sports@ sports-am.com, sports-am.com
- June 11-12, 2021 Kokopelli Moab to St George Relay, Moab, UT, Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins., Clay Christensen, 801-234-0399, <u>info@enduran</u> Christensen,

#### Regional Weekly

#### Road Race Series

- May 5-July 7, 2020 SWICA Fairground Criterium Series, SWICA Criterium Series, Boise, ID. Local training crit series at Expolation. West lot (Glenwood Street south of Hawks Stadium). Tuesdays except Junand June 21, Kurt Holzer, 208-890-3118,
- June 10-August 19, 2020 ICE BAR Time Trial/
  Hillclimb Series, ICE BAR Series, Pocatello,
  ID, Flat time trials: Start at Rainbow Road,
  6.2m(10k). Scoring is best 2 of 4 times., May
  13 at 6:30 pm, 7:00 pm, June 10, July 8 and
  August 5Hill Climbs: Park at Cherry Springs,
  Crystal start at Cherry Springs and Scout start
  at bottom of Scout Mtn Rd. Scoring is best
  Crystal plus best Scout time. Approximately
  5 mile climbs. mass start. May 27 -Crystal
  Summit, 6:30 pm.7:00 pm: June 24-Scout,
  July 22-Crystal Summit, August 19-Scout,
  Categories: End of season awards for men
  and women's overall winners of these categories: A's, B's. Master's 50+, Masters 60+,
  Triathlete, Recreational (Non TI bike, Eddie
  Merckx style), Single Speed, and Clydesdale
  (210 lbs+) and Athena (150 lbs+), Peter
  Joyce, 208-282-3912, joycpete@isu.edu, Tony
  Chesrow, 435-671-2506, hebermtsports@
  yahoo.com, idahocycling.com

#### Regional Road Racing

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

#### and Beyond

- June 18-21, 2020 USA Cycling Professional Road, IIT, and Criterium National Championships, POSTPONED, Knoxville , IN, Chuck Hodge, 719-434-4200, chodge@ usacycling.org, usacycling.org
- June 26-28, 2020 Baker City Cycling Classic, une 26-28, 2020 — Baker City Cycling Classic, CANCELLED for 2020, Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market., Brian Vegter, 541-325-1689, dog-bri@cloud.com, bakercitycycling.ora bri@icloud.com, bakercitycycling.org
- June 28, 2020 Leesville Gap Road Race, Williams, CA, 62 miles for everyone up and over storied Leesville Grade and Grapevine Gap in California's Colusa County. mostly paved, some gravel stretches. Watermelor eed at the finish. USAC licensed., Robert Leibold, 209-604-1354, velopro1@gm
- July 10, 2020 Chrono Kristin Armstrong Time Trial, Pro Road Tour, Boise, ID, UCI 1.2 men's, women's time trial, Mike Cooley 1.2 men's, wome. 208-343-3782, mcool
- July 11, 2020 ASWB Twilight Criterium, USA Crits, Boise, ID, 34th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-343-3782.
- Criterium.com

  July 11, 2020 Targhee Hill Climb, Driggs, ID

  Wyoming State Hill Climb Day 2 Teton Pass
  Hill Climb. Compete in one or both. To be
  scored for the State Champs you must race
  both days. Winners based on combined
  times. Time trial starts at 10 am with 30 second
  intervals. Starts at Peaked Sports in Driggs,
  climbs Ski Hill Road and ends half a mile from
  the Grand Targhee Resort. The course covers 12 miles and 2,200 vertical feet. Awards,
  Raffle and results 1 pm at Peaked Sports.
  Net proceeds benefit Teton Valley Trails and
  Pathways. Dick Weinbrand 1, 208-354-2354,
  peaked@silverstar.com, Forest Dramis, jacksonholecycling@gmail.com,
  peakedsports.

- July 12, 2020 Meridian Speedway Race, Meridian, ID, John Rogers, 208-284-9671, obc-
- August 1-2, 2020 Southeast Idaho Senior Games, CANCELLED, Pocatello, ID, Scout Mountain Hill Climb, Criterium, 10k Time Trial and 20k Road Race, 5k Time Trial, 40k Road Race, Dana Olson, 208-233-2034, 208-317-
- August 8, 2020 Lamoille Canyon Hill Climb, Lamoille, NV, 14th annual. Road Race hill climb, 12 miles, 3000ft hill climb in Ruby Mountains. Race starts at 9am. Post event picnic and 11:30am, Ga and awards in Lamoille Grove Gayle Hughes, 775-753-7789, 775 934-4532, <u>nvelkovelo@gmail.com</u>, <u>elkovelo.</u>
- August 8, 2020 Twin Falls Old Town Criterium agust 6, 2020 — Twiri Fulis Old Town Chileston, CANCELLED, SWICA, Twin Falls, ID, Idaho State Criterium Championships, Terry Patterson, 208-420-0087, tpatterson@csi.edu, Idahopikaranipa qua tfaldtowporit.com
- August 8, 2020 The Broadmoor Pikes Peak Cycling Hill Climb, Colorado Springs, CO, This is an epic hill climb, Colorado Springs, CO, This is an epic hill climb on Pikes Peak America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is a timed race and gran fondo, with waves starting at 6:15 am. 4725 feet of elevation gain. The Sports Corp. 719-634-7333, Info@thesportscorp.org, Jeff Mosher, 719-634-7333 Ext 1005, jeff@thesportscorp.org. PikesPeak(CyclingHill/Climb.org.
- August 9, 2020 Suisun Harbon Criterium
  Suisun City, CA, 2020 Northern California/
  Nevada District Criterium Championships in
  Suisun City, CA. A fast paced four cornered
  downtown criterium on a short loop. USAC pro1@gmail.com, www.velopromo.com
- August 15, 2020 Bogus Basin Hill Climb, CANCELLED, Bolse, ID, 43rd Annual, Mike Cooley, 208-343-3782, mcooley@ georgescycles.com, georgescycles.com - Bogus Basin Hill Climb,
- August 15-16, 2020 Tour de Bloom Stage Race (Omnium), Wenatchee, WA, The event features a road race in Waterville on Friday an out and back 10-mile TI, a twilight criterium in historic downtown Wenatchee on Saturday, and a road race in Plain Washington with an uphill finish on Sunday Ace Bollinger, 509-679-5003, acebollinger@ nwi.net, wenatcheevalleyvelo.com/current-event/tour-de-bloom/
- August 22-23, 2020 Idaho Senior Games, Kuna, ID, 5k and 10K Time Trials both at 9 a.m. date cooresponds to order of listing, 20 K Aug 5 and 40 K Aug 4 Road Races at 10 a.m., qualifying year for 2019 National Senior Games. Held at S. Cole Road & Hubbard/10 Mile Creek Rd., Mike Thornton, 208-861-8000, idahoseniorgamesinfo@gmail.com, Frank Gilbert, 208-863-1964, frank@georgescycles.
- August 23, 2020 USA Cycling Gran Fondo National Championships, Asheville, NC, Shawn Brett, 719-434-4200, sbrett@usacy-cling.org, usacycling.org
- August 29, 2020 Tax Day Road Race, UCA Series, Marsh Valley, ID, Great circuit race, start and finish at Marsh Valley High School. This is the old Gate City Grind Course., Dirk Cowley, 801-699-5126, dcowley@comcast, net, Bob and Kis Walker, bobandkrisw@yahoo.com, Tony Chesrow, 435-671-2506, hebermfsports@yahoo.com, idahocycling. o.com, lony Chesion, ... emtsports@yahoo.com, idahocycling.
- September 5-7, 2020 Steamboat Stage Race, Steamboat Springs, CO, Now in year 12, Pro-am road racing returns to Steamboat Springs Labor day weekend 2020, with all new cours-es. USA Cycling sanctioned., Corey Piscopo. eamboat.com, bikesteamboat
- September 6, 2020 Nevada City Classic Criterium, TENTATIVE, Nevada City, CA, 60th annual criterium, one of the nation's best! Brewfest on Saturday too, Duane Strawser 530.263.3388, 530.265.2187, oldproracer@gmail.com, nevadacityclassic.com
- September 7, 2020 Il Giro di San Francisco San Francisco, CA, 46h annual Labor Day Criterium on the Embarcadero in San Francisco. Challenging six corner course that has hosted some of the best in the nation. 9 separate events including kids challenge. USAC licensed., Robert Leibold, 209-604-1354,
- September 10-13, 2020 USA Cycling Amateur Road National Championships, Clay County, FL, Elite, U23 and Junior Road National Championships., Chuck Hodge, 719-434 chodge@usacycling.org, usacycling.
- September 13-19, 2020 World Human Powered Speed Challenge (WHPSC), CANCELLED, Battle Mountain, NV, 20th annual hosted by the IHPVA. Current record is 89.59 mph. Classes: Men's, Women's, Juniors in Open, Multi-track, tandem and Arm Power International cyclists from around the world will gather on SR305, the fastest stretch of road in the world to see who can break the World Record., Al or Alice Krause, 707-443-8261, 707-845-3683, a.krause@sbcglobal.net, lippva.org, whpsc.org ihpva.org, whpsc.org
- September 13, 2020 Kitt Peak Time Trial, Tucson, AZ, 11.6 mile hill climb time trial up Kitt Peak, 3400' vertical. Donald Melhado, 520-325-7978, dmelhado@cox.net, azcycling. org, saguarovelo.org
- September 18-20, 2020 Silver State 508, Mountain West Ultra Cup, Reno, NV, 37th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in and recognized as "The Toughest 48 hours in Sport," This 508-mile bicycle race is revered stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo supported, randonneur, two-person stage and open relay, and four-person stage and open relay divisions. A Race Across AMerica (RAAM) Qualifier, which traverses Highway 50, the Lonellest Road in America., Robert Panzera, 917-543-2670, robert@ccsd.com, Jo Panzera, jo@ccsd.com, the508.com
- September 19, 2020 Lyle Pearson 200-mile Team Challenge, Boise, ID, New date! 15th annual team relay race from Boise to Sun Valley. 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants finish with BBQ and Sawtooth brew in beautiful Katchum. Katch Beldrich 951,73,5108. ful Ketchum., Katie Hedrich, 951-733-5198, katie@omnigoevents.com, lylepearson200.

- September 20, 2020 Oakland Grand Prix, Oakland, CA, Exciting mutti lap criterium rac-ing in uptown Oakland CA for the 16th year. USAC licensed., Robert Leibold, 209-604-1354,
- September 27, 2020 Mt. Graham Hill Climb, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544 , nippy-mr-smarty-pants@ juno.com, azcycling.org
- October 3-4, 2020 Nevada Senior Games Cycling Races, Las Vegas, NV, Cycling competition for age groups: 50-94, 5 and 10k time trials, 20 and 40k road races, I-15 & US-93, 10 miles north of Las Vegas, Joe Dailey, 775-461-9252, NVSGCycling@outlook.com, nevada. usesport.com, seniorgames.net
- October 10, 2020 Bike the Bluff, Show Low, AZ, 13th Annual, AZ Elite Road Race Championship, USAC Sanctioned Races, Citizens Race, 22-81 miles, Criterium, Jeff Citizens Race, 22-8 Frost, 928-380-0633. Christy Church, 928-242-3722, cebluff.com, bikethebluff.com
- July 24, 2021 Bob Cook Memorial Mount Evans Hill Climb, CANCELLED, Colorado Summit Cycling Series, Idaho Springs, CO, 54th annual, CO State Championship Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Evans, at 14,130′, 6000 feet elevation gain. Jennifer Barbour, 303-503-4616, executive teams of the development of the colorador 303-503-4616, <u>execdir@teamevergre</u> Kim Nordquist, <u>303-249-6168</u>, <u>directo</u>

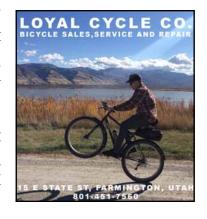
#### **Utah Road Touring and**

#### Gran Fondos

- June 19-20, 2020 Raspberry Ramble Series, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported 188, 250 or 375-mile ride in Cache Valley and southern Idaho. This is a timed brevet co-sponsored by the national organization, Randonnneurs USA., Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org erandos.org
- June 20, 2020 Canyons of Cache SuperSeries, BCC SuperSeries, Mendon, UT, Meet at Mendon Church for a route that climbs Blacksmith, and Sardine, loops to Brigham City and back over the north slope into Cache Valley... BCC, roadcaptain@bccutah...
- June 20, 2020 The Huntsman Ride, Delta, UT. une 20, 2020 — The Huntsman kide, Delfa, Ut, Huntsman SportsFest Run and Ride is mov-ing to a virtual event for 2020, and we are asking you to join us. We have reimagined the event so that it is accessible to every-one, from anywhere. Although we can't come together physically on June 20, we can make a difference through an exciting virtual fundraisina experience dedicated to virtual fundraising experience dedicated to raising funds for cancer research. Virtual can raising runds for cancer research. Virtual can mean anything: any distance, any location, and any activity that is safe and fun for you/your family. Maybe a 10K trail run becomes a pickleball contest with your family. Jen Murano-Tucker, 801-584-5815, imurano@ huntsmanfoundation.org, huntsman140.com
- June 20, 2020 The Huntsman Ride (Virtual), Anywhere, UT, An epic ride from wherever you are. Join us and find the best way to get your miles in, while supporting Huntsman Cancer Institute. Jen Murano-Tucker, 801-584-5815, jmurano@huntsmanfoundation.org, huntsman140.com
- huntsman140.com

  June 27-28, 2020 Bike MS: Harmons Best
  Dam Bike Ride, CANCELLED, Bike MS, Logan,
  UT, Join thousands of cyclists from around
  the region and celebrate 34 years of Bike
  MS: the premier fundraising cycling series
  in the nation raising funds for a world free
  of MS. The Bike MS experience offers route
  options ranging from 45 to 150 miles over two
  days and is friendly to all abilities with rest
  stops every 8-12 miles. Camping, meals, and
  entertainment based out of Cache Valley
  Fairgrounds (400 s 500 W) in Logan., Melissa
  Matthews, 801-424-0112, Melissa, Mathews@
  nrss.org, Geoff Linville, 801-424-0112, geoff.
  linville@nmss.org, blkemsutah.org
- June 27, 2020 Mt. Nebo Loop SuperSeries, BCC SuperSeries, Nephi, UT, Start at the North Side of the city park, ride North up Main Street and Hiway 91 to Sanaquin then to Payson and over the Mt. Nebo Loop and finish up back at the city park, BCC, road-captain@bccutah.org, Doug Jensen, 801-815-3858, slccycler@gmail.com, bccutah.org
- June 27, 2020 Wasatch Front Brevet Series, POSTPONED, Salt Lake Randonneurs Brevet Series, Salt Lake Canyon, along the Wasatch Front and out to Antelope Island. 125- or 180-mile options (200 or 300km). A brevet (bruh vay) is a timed ultra distance event organized under the auspices of our national organization Randonneurs, USA., Richard Sturn, 435-462-2266, richard@eogear.com, saltlakerandos.org saltlakerandos.org
- July 11, 2020 Cache Gran Fondo, Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT, 9th annual, 2nd year as an UCI Gran Fondo World Championship Qualifier, and riders of all abilities invited. 38, 50, 70 and 100-mile courses follow a fun, low-traffic, and scenic route through Northern and Cache Valley, UT with a challenging hill in each The flight is a festil. a challenging hill in each. The finish is a festival for all riders, with race prizes, (UCI winners yariota initides, with race pitzes, (uct withters jersey and medal), recreational rider prizes, finisher medals, and unique jerseys at cost. 20% of UCI racers in 16 different age categories quality for UCI World Championships., Troy, Oldham, 435-764-2979, oldhamtroy@ gmail.com, cachegranfondo.com

- July 18, 2020 Iron Lung Ride, Huntsville, UT, 40, 80, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin Road, down Trappers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopelii Relay., Michelle Lyman, 801-941-5526, info@ironlungride.com, ironlungride.com
- July 24, 2020 Pioneer Day Antelope Island SuperSeries, BCC SuperSeries, Salt Lake City, UT, Meet at Westpoint Park SLC 1100 N 1800 W to Antelope Garr Ranch. 50 mile option starts at Station Park in Farmington. Free June 1 event - fee may be required to access the island. Self-supported with plenty of store BCC , roadcaptain@bcc
- July 24, 2020 South Sevier Ram Ride, Monroe UT, 15 miles, 38 miles, and a metric Century Start time is 6:30 a.m. Start & Finish location Monroe Fire Station, Heather Newby, 435 Heather.N@jonesanddemille.com
- July 25, 2020 Desperado Duel, Panauitch, UT, uly 25, 2020 — Desperado Duel, Panguirth, UT, Come and experience the flattest and best 100 mile course and 50 mile option, we have also added a grueling 150 mile option for those training for the big 209 in September. Enjoy the scenery and virtually no traffic. Desperado Duel is one of the best Gran Fondos in Utah., Joev Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle. 435-229-6251,
- July 31, 2020 Antelope by Moonlight Bike Ride, CANCELLED for 2020, Antelope Island, UT, 26th Annual, 10pm. Open to participants of all ages and starts at the Antelope Island's White Rock Bay. The half way point is the historic Fielding Garr Ranch where refreshments are served. The entire route is 24 miles on an asphalt road, Cheyenne Twitchell, 801-451-3286, 801-451-3237, ctwitchell@daviscountyutah.gov, daviscountyutah.gov,
- July 31-August 1, 2020 Saints to Sinners Bike Relay, Salt Lake City, UT, Fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehirg's Disease., Steven Tew, 801-822-4870, Steven@ SaintstoSinners.com, Chad Neusmeyer, 801-856-7018, chad@saintstosinners.com,
- August 1, 2020 Pony Express Century, Eagle Mountain, UT, Ride the routes of history as we pedal 100 Miles, 100K or 50K along the same paths the Pony Express ideas of vectors and paths the Pony Express iders of yesteryear. Fully supported course and aid stations with SAG wagons, a finish line meal and some great views along lightly traveled roads. , Jared Ebon, 801-59-9268, jared@extramil-eracing.com, extramileracing.com
- August 8, 2020 The Ultimate Challenge Presented by University of Utah Health Care, Salt Lake City, UT, A Gran Fondo hosted by the Larry H. Miller Tour of Utah. Riders will follow the Tour of Utah's Queen Stage route before the pros start, with the same climbs and high altitude finish. This ride has earned the title of "America's Toughest One Day Cycling Adventure" and for this year will feature timing on the final climb up Little Cottonwood Canyon, Larry H. Miller Tour of Utah , 801-325-7000, info@tourofutah.com, Breanne Nalder, 801-550-0434, breander@gmail.com, tourofutah.com
- August 8, 2020 Bear River Valley Series, Salt ugust 8, 2020 — Bear River Valley 3eries, Salir Lake Randonneurs Brevet Series, Brigham City, UT, Self-supported timed event going from northern Utah into Cache Valley & back. Choose from 125 or 180-mille distances (200 or 300km). , Richard Sturn, 435-462-2266,
- August 15, 2020 Promontory Point 121
  SuperSeries, BCC SuperSeries, Ogden, UT, 5 Points Ogden to Brigham City, Corrine, Golden Spike, Tremonton and back 60-100, and 120 miles. Self-supported, with shorter loop options available. Free event., BCC , roadcaptain@bccutah.org, Jen Green, 435-563-1212, pecan314@xmission.com, bccutah.org
- August 15, 2020 CF Cycle For Life, Henefer, UT, Fully supported, beautiful ride with five route options 20,40, 60, 80 and 100 miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, Ihadley@cff.org, Jennifer Reid, 801-532-2335, jareid@cff.org, fightcf.cff.org/utahcycle
- Jugust 15, 2020 Wildflower Pedalfest,
  Morgan, UT, A non-competitive, women
  only road bike ride. All ages and levels
  welcome. The 65 mile course option has a
  timed hill climb with pizes. Nick Bowsher,
  801-610-9422, Info@wildfloweroutdoor.com,
  wildfloweroutdoor.com August 15, 2020 -
- August 15, 2020 To the Moon and Back Century Ride, Tabiona, UT, Located in the High Unitras, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6.522 to 8.150. Fully Supported Ride. 100% of proceeds no to Rapha House and Operation. proceeds go to Rapha House and Operation Underground Railroad., Karen Redden, 435-828-0467, roxyredden@gmail.com, tothe
- August 22, 2020 The Big Ride 156 (Suncrest) BCC SuperSeries, Draper, UT, This is a deriva-tion of the club's annual big ride that has been designed and used as a final prepa-ratory ride for LOTOJA by some, or an epic capstone to a long summer of riding by oth-







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ers. Come spend the day pushing your limits and seeing what you're made of.This ride will not be marked. Study the map and be aware of water stops. Navigation is recommended. We may have a SAG vehicle on the road; details of which will be announced closer to the ride., BCC, roadcaptain@bccutan.org, Jen Green, 435-562-1212, , bccutah. org

August 22, 2020 — Ride for the Kids, CANCELLED for 2020, Syracuse, UT, 100% of monles raised go to the MAKE-A-WISH UTAH FOUNDATION. Ride to Antelope Island. Ride options: 25/50/100 miles, depending on skill level of the rider. Ride times available at <a href="https://www.raceentry.com/races/ride-for-the-kids/2020/register">https://www.raceentry.com/races/ride-for-the-kids/2020/register</a> Ride begins at Syracuse Linda Vista Park 1800 W 2700 S, Syracuse, UT 84075 Breakfast, lunch and drinks will be provided. Tons of prizes given away in raffle, Devin Kingsbury, 801-643-3267, devin, kingsbury@rcwilley.com , Brent Jones, 801-774-2801, 801-645-0247, brent.jones@rcwilley.com, J Burton, dj@tntrunning.com, rcwilley.com/ide

August 22, 2020 — Sevier Valley Rooster Ride, Richfield, UT, Sevier County in conjunction with Sevier County Trail Days is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt provided. 33 mile option has a 800 ff gain, 1,163 ff gain for the 55 mile option, and 4,061 ft for the 100 mile option. Chad McWilliams, 435-893-0457, 435-421-2743, cmcwilliams@sevier.utah.gov, traildaysutah.com/sv-rooster-ride/

August 29, 2020 — Cache Valley Century Tour, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LoToJal, Bob Jardine, 435-713-0288, 435-75-2889, info@CacheValleyCentury.com, Sammie Macfarlane, 435-713-0288, Sammie@cgadventures.org, CJ Sheltock, 435-713-0288, 435-75-2889, info@cachevalleycentury.com, CacheValleyCentury.com, CacheValleyCentury.com

CacheValleyCentury.com

August 29, 2020 — Summit Challenge, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mille road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget – all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music. Kyle Cowdrey, 435-649-3991, whitney!@discovernac.org, summitchallenge100.org, discovernac.org, summitchallenge100.org, discovernac.org

September 5, 2020 — Gran Fondo Moab, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 800-635-1792, 970-275-1633, info@granfondomoab.com, granfondomoab.com

September 5-7, 2020 — Bicycles not Tar Sands, Seep Ridge Road, Ulintah County, UT, 3-day bike ride on Seep Ridge Road. For a total ride of approx 40 miles over 2 days we will travel on Seep Ridge Road a nearly empty highway through highly scenic desert threatened by strip mining. Rachel Cordray, craphaelc@gmail.com, tarsandstesst.org/contact-us/upcoming-events/2019-upcoming.

September 12, 2020 — Warrior Woman Ride, Payson, UT, Join us for the 11th annual fully supported all women's bike ride, choose between the 15, 30, 70 or 100 mile options. Remember that every woman is a wonder woman!, Mahogaani Thurston, 801-318-1420, wonderwomanide@gmail.com, Carollina Herrin, 385-218-9070, herrin.carolina@gmail.

September 13-19, 2020 — Tour of Southern Utah St. George, UT, 7-day tour including Zion Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/ride part. Deborah Bowling, 818-889-2453, embassy@ planetUtfa.com, planetUtfa.com

September 19-20, 2020 — Moab Century Tour, Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate, Beth Logan, 435-260-8889, 435-260-2334, Info@skinnytireevents.com, skinnytireevents.com

September 19, 2020 — Goldilocks Utah, Goldilocks Bike Ride, Provo, UT, Goldilocks is a women only bike ride, with a gargeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldilocks has a route that is 'just right' for everyone! Bernefits Operation Underground Railroad to end sex trafficking, Randy Gibb, 801-222-9577, randy@goldilockstde.com/provo

September 19, 2020 — Golden Spoke, Utah Bike Month, Wasatch Front, UT, This third annual cycling event features 100 miles of interconnected trail systems across the Wasatch Region with multiple starting locations from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rails to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities, Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, goldenspokeutah.org

September 19, 2020 — 5 Canyons Bike Challenge, Sandy, UT, Wheels of Justice, Ain't No Mountain High Enough. The ride will ascend each of Salt Lake City's five riding canyons, for a total of 116.3 miles and 14,272 feet - one of the most challenging one-day bike rides in Utah! Raises money to prevent childhood trauma and abuse, Greg Hoole, 801-272-7556, gregh@teamwheelsofjustice.org, aintnomountainhighenough.org

September 19, 2020 — Up for Downs Century Ride, Kaysville, UT, This is a non competitive event that will take you on an amazing ride through beautiful Northern Utah. Starting at Pioneer Park in Kaysville you will go on a 25, 50, 75 or a 100 mille ride up to Brigham City and finish back at Pioneer Park., Scott Kimball, sk2socal@gmail.com, Cherlyn Johnson, 801-503-5086, ceo@udsf.org, udsf.org

September 25-26, 2020 — Salt to Saint Relay, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89. Broken Into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, info@enduranceutah.com, salttosaint.com

October 17, 2020 — Belgian Waffle Ride - Cedar City, IRIPEL CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South". 78% Gravel (106 miles). 22% Paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the "Parowan Gap" and past petroglyphs left by the areas past native inhabitiants, along with prehistoric dinosaur footprints, Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com.

October 24, 2020 — Fall Tour de St. George, St. George, UT, Tour around southern Utah and see some of the most scenic views as you climb to Veyo and go through Gunlock State Park as well as all the beautiful colors throughout this 35, 75, or 100 mile ride. This event is one of our best Gran Fondos in southern Utah., Joey Dye, 435-674-3185, joey@redrockbicycle.com, Margaret Gibson, 435-229-6251, margaret@redrockbicycle.com, Ryan Gurr, info@spingeeks.com, ridesouthernatth.com

April 17, 2021 — Spring Tour de St. George, St. George, UT, Did you enjoy the Fail Tour? Come see the rest of southern Utah on your bike as we take you on the other half of our two-part tour of the southern Utah scenery. Fully supported Gran Fondo., Joey Dye,

435-674-3185, joey@redrockbicycle.com Margaret Gibson, 435-229-6251, margaret@

May 15, 2021 — USEA Ride for Education, Kaysville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy a mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration. Proceeds go to support Utah public education students via a scholarship fund., Jeremiah Sniffin, 801-269-9320, 385-347-2717, jsniffin@useaut.org, useautah.org, usearideforeducation.weebly.com

#### **Regional Road Touring**

and Gran Fondos

ID, WY, MT, NV, AZ,

NM, CO, MT, OR, WA,

#### and Beyond

June 20, 2020 — RATPOD (Ride Around the Ploneers in One Day), Dillon, MT, Now a vititual ride: RATPOD is now RATPOD Unlimited - Your RATPOD, Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Mak-A-Dream. An oncology camp dedicated to ensuring those affected by cancer can live with and beyond their diagnosis. With just a small donation you can be part of this now national event all to honor those affected by cancer. RATPOD is usually a 130-mile one-day charity ride for Camp Make-A-Dream (a cost free cancer camp). The ride takes place in the beautiful Big Hole Valley of SW Montana., Courtney Imhoff, 406-549-5987, info@ratpod.org, ratpod.org, campdream.

June 20, 2020 — Spinderella, CANCELLED, Pocatello, ID, 8th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 milles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID., DaNae Young, 208-221-9300, spinderella33@gmail.com, spinderellaride.com

June 20, 2020 — Mountain Experience Challenge, Guffey, CO, Over 7,000 feet of elevation gain, all on paved roads. Choose 100, 75 and 50 mile routes. K & Q of the Mountain jerseys with \$TRAVA downloaded for jersey competition or just ride for the fun of if. Free commemorative patch, bib clips, lunch, massages, and t-shirts while supplies last., Deborah Maresca, 719-689-3435, redhorse680552003@yahoo.com, mountaintopcyclingclub.com

June 27, 2020 — Alta Alpina Challenge, Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). Fundraiser for the Alta Alpina Cycling Club, Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge@altaalpina.org. 2020. Wild Siers Continuand Metric.

June 27, 2020 — Wild Sierra Century and Metric, Markleeville, CA, Experience the breathtaking scenic beauty of classic Sierra roadways. Ride through wilderness areas with no traffic lights and just a few stop signs., Gregg Westerbeck, 877-845-2453, social@altaalpina.org, Michael Bayer, challenge@altaalpina.org, altaalpina.org/challenge/century.html

June 27, 2020 — Alta Alpina Challenge 8-Pass Double Century, Markleeville, CA, The Toughest Single Day Ride in the World. Exclusive 8 Pass Jersey available for finishers, Gregg Westerbeck, 877-845-2453, sociala altaalpina.org, Michael Bayer, challenge@ altaalpina.org, altaalpina.org/challenge

July 11-12, 2020 — The Triple Bypass, Evergreen, CO, The legendary Triple Bypass is 120 miles with 10,000° of climbing and travels over 3 beautiful mountain passes from Evergreen to Avon, CO, 30, 75, 120 mile options, Sunday Gran Fondo and the infamous Double Triple Bypass, 240 milest, Jennifer Barbour, 303-503-4616, execdir@teamevergreen.org, Kim Noraquist, 303-249-6168, kim@triplebypass.org, triplebypass.org

July 12-17, 2020 — Tour de Wyoming, Thermopolis, WY, 24th Annual. Bike tour circling Wyoming's Bighorn Basin with daily distances from 55 to 70 miles, Amber Travky, 307-742-5840 , atravsky@wyoming.com, cyclewyoming.org July 18, 2020 — Pepsi Cola Taylor House Benefit Century Ride, Flagstaff, AZ, Benefit ride in the high-altitude cool pines of Northern Arizona. There are 30, 45, 65, and 95 mile route options., Anthony Quintile, 928-779-5969, flagstaff@absolutebikes.net, Megan Roach, Megan.Roach@nahealth.com, absolutebikes.net/event/2020-taylor-house-tide/

July 18-August 2, 2020 — Tour de Steamboat, Steamboat Springs, CO, Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek. Four different road ride routes: 26, 46, 66, 116 miles, and a 100 mile gravel route., Katle Lindquist, 970-846-9206, info@tourdesteamboat.com, tourdesteamboat.com

July 25, 2020 — Fondo on the Palouse, CANCELLED, Moscow, ID, Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way... T-Jay Clevenger, 208-882-0703, tondopalouse@gmail.com, fondopalouse.org

August 1, 2020 — Tour de Big Bear, WIN Real Estate Group, Sariol Legal, Sports in Science, Big Bear Lake, CA, 10th Anniversary Edition, Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. With 25, 50, 70, 106 and 109 mile courses, there's a route for every cycling enthusiast!, Chris Barnes, 951-970-6720, 909-878-0707, bigbearcycling@gmail.com, tourdebigbear.

August 1, 2020 — Copper Triangle Alpine Cycling Classic, Roll Massif, Copper Mountain, CO, The 79-mile loop crests three Colorado mountain passes – Fremont Pass (Elev. 11,318°), Tennessee Pass (Elev. 10,424°) and Vail Pass (Elev. 10,662°) – for a total elevation gain of 6,500 feet., Tracy Powers, support@rollmassif.com, rollmassif.com

August 8, 2020 — Le Tour de Koocanusa, Libby, MT, Fully supported 83 or 44 mile bike ride which tours the breathtaking shoreline of Lake Koocanusa, Ride finishes with a Blues Festival Finale. Fundraiser for Search & Rescue. Starts at 8 am., Dejon Raines, 406-291-3635, dejontaines@hotmail.com, Pam Boyke, 406-293-3556, info@letourdekoocanusa.com, letourdekoocanusa.com.

August 8, 2020 — Stonewall Century Bicycle Ride. La Veta, CO, 17th Annual. This out-and-back ride offers cyclists stunning beauty and small-town vibe. Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backtory for 25, 50- and 102-mile routes, featuring up to 8000-feet of climbing., Kent Hay, Info@spcycling.org, spcycling.org

August 8, 2020 — Four Peaks Gran Fondo, Pocatello, ID, One Day: 82 miles, Four Peaks: 7800ft total elevation gain. Climb the 4 peaks of the Portneut Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. The hill climb portions are timed with timing chips. Downhill portions are not timed. Cumulative climb times will be combined to determine rank. Ride 1-4 peaks as you wish, Danielle Bagley, 208-339-2043, barriesevents gmall.com, David George, 208-317-225, dgeorge@victoryofidaho.com, 4PGF.com

August 8, 2020 — The Broadmoor Pikes Peak
Cycling Hill Climb, Colorado Springs, CO, This
is an epic hill climb, Colorado Springs, CO, This
is an epic hill climb on Pikes Peak America's
Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet. There is
a fimed race and gran fondo, with waves
starting at 6:15 am. 4725 feet of elevation gain., The Sports Corp., 719-634-7333,
info@thesportscorp.org, Jeff Mosher, 719634-7333 Ext 1005, jeff@thesportscorp.org,
PikesPeakCyclingHillClimb.org

August 15, 2020 — HeART of Idaho Century Ride, Idaho Falls, ID, 25, 62, and 100 mile options. Entry fees cover entry, 1-shirts, fully stocked rest stops, and post ride BBa. Route is flat to rolling, easy to moderate difficulty. Benefit for the Art Museum of Eastern Idaho., Miyai Griggs, 208-524-7777, 208-766-6485, mabe@theartmuseum.org, Margaret Wimborner, 208-317-7716, wimbmarg@d91.k12.id.us, d91.k12.id.us/22/Content2/about-century-ride

August 16-22, 2020 — Yellowstone National Park Bilke Tour, Belgrade, MT, Experience the world's first notional park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more!, John Humphries, 970-728-5891, info@lizardheadcyclingguides.com, lizardheadcyclinaguides.com

August 16, 2020 — Cycle Magic Valley, Twin Falls, ID, Cycle Magic Valley is a virtual ride this year. You will receive a cool swag bag, special social distancing CMV shirt, and a 2020 CMV medal, Denise Alexander, dalexander@filertel.com, mavtec.org, www.bluecirclesports.com/EventDetail Master.aspx?meid=3244

August 29, 2020 — Venus de Miles, Lyons, CO, Venus de Miles is for all skill levels and features courses to accommodate any active woman – whether this is your first athletic event or your hundredth. Choose among a rolling 32-mile course, a 64-mile metric century, and a 100-mile century course. All courses go through beautiful Boulder County. Fundraiser for Greenhouse Scholars., Greenhouse Scholars, 303-459-5473, venus@greenhousescholars.org, venusdemiles.com/colorado/

August 29, 2020 — Tour de Fox Wine Country, Fulton (Santa Rosa), CA, 70,2-mile, 52,4-mile, 34,5-mile or 10,7-mile options. Proceeds from Wine Country will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's along with the local GOALS Foundation to support special needs children and adults sports and fitness., Bike Monkey, 707-560-1122, inflo@bikemonkey, net, tourdefox.michaelifox.org/winecountry

net, tourdefox.michaelfox.org/winecountry

September 6-October 23, 2020 — Redrock
Canyons Utah Bike Tours, Grand Junction,
CO, The Redrock Canyons is Lizard Head
Cycling's original tour and became our most
popular itinerary after it was featured in the
New York Times in 2010. It is a supported
lodge-fo-lodge road cycling tour that follows
a seldom seen route through the Redrock
Canyon Country of western Colorado and
eastern Utah. It is a superb tour for intermediate/+ riders offering unmatched sceneny and fantastic lodging., John Humphries,
970-728-5891, info@lizardheadcyclingguides.
com, Lauren Lösky, 508-561-7580, lauren@
lizardheadcycling.com,
lizardheadcycling.com,

September 11-13, 2020 — Pedal the Plains, CANCELLED, Klowa, CO, PTP will take

cyclists through the host communities of TBA. Celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. Learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. Also includes the Great Mustang Gravel 100 – 80% on packed dit or gravel roads, this route will be fun and challenging for the gravel expert or rookie! Proceeds from Pedal The Plains benefit The Denver Post Community Foundation in support of the Colorado FFA Foundation and Colorado 4-H., Delidte Moynihan, 303-954-6704, dmoynihan@denverpost.com, ride-therookles.com

September 12, 2020 — Race the Rails, Ely, NV, Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. The event will accommodate both road and mountain bike riders of all ages., Kyle Horvath, 775-289-3720, kyle.horvath@elynevada.net. elynevada.net

September 12, 2020 — American Diabetes Association's Tour de Cure Colorado, Parker, CO, Tour de Cure is an incredible experience for cyclists, runners, walkers, and extreme ninjas! All routes end back at the Salisbury Park Festival where community members are invited to join in the fun. If you have diabetes you are the VIP of the day. Route options of 12, 30, 63, 100 mile routes, plus a 5k run walk, Lindsay, Mark, Megan, Sash, 720-855-1102 x7010, LPhelan@diabetes.org, MTaylor@diabetes.org, MTaub@diabetes.org, Skeeves@diabetes.org, diabetes.org/coloradofourdecure

September 13, 2020 — America's Most Beautiful Bike Ride - Lake Tahoe, Stateline, NV, 29th annual, in conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, Tech support and SAG. 100 mile century, 72 miles, (boat cruise - 35 mile fun idea TBD), Curtis Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com, bikeand-skitahoe.com

September 13, 2020 — Tour de Tahoe - Bike Big Blue, Lake Tahoe, NV, 18th Annual ride around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. 72 miles, 4300 ft vertical gain. (Boat cruise and 35 mile fun ride TBD). Limited to 2000 participants, Curits Fong, 800-565-2704, 775-771-3246, tgft@bikethewest.com, bikethewest.com

September 18-20, 2020 — Mavic Haute Route Rockies, Haute Route, Boulder, CO, features two road stages (100-140km and 2500M+ to 3500M+ each) and a 543ge 3 time trial, The Sports Corp , 719-634-7333, info@thesportscorp.org, Doug Martin, 719-634-7333 Ext 1010, doug@thesportscorp.org, Gretchen Brett, 719-287-8489, contact.northamerica@hauteroute.org, Micah Rice, micah.rice@ocgioup.com, hauteroute.org/events/overview/mavic-rockies-2018

September 19, 2020 — GFNY Santa Fe, Gran Fondo New York, Santa Fe, NM, The roads of GFNY Santa Fe will take ridders through the spectacular and diverse terrain of the southwest. Both routes start in downtown Santa Fe. 81 and 55 mile courses, Michael McCalla, mikelikehikebike@hotmail.com, gfnysantafe.com

September 19, 2020 — Tour de Vineyards, Roll Massif, Palisade, CO, Choose between a leisurely 23-mile route that follows the Palisade Fruit & Wine Byway and the more challenging 58-mile route that adds on a loop up and over the Reeder Mesa Climb with a timed segment to challenge your legs and lungs., Tracy Powers, <a href="mailto:support@rollmassif.com">support@rollmassif.com</a>, rollmassif.com

September 26, 2020 — Mulholland Challenge, King of the Mountains Century Challenge, Agoura Hills, CA, The toughest Southern California Century with over 13,000° of climbing in the Santa Monica Mountains. Fully supported / Chip Timed. 100 and 200 mile options, Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com

emussyapanerultra.com, planefultra.com
September 26, 2020 — Mountains to the Desert
Bike Ride, Telluride, CO, 16th Annual, Ride
from the beautiful mountains of Telluride to
the incredible desert landscape of Gateway,
CO for the Just for Rids Foundation! Choose
your distance (72 miles, 101 miles, 104 miles or
132 miles) and pass through golden aspens
and brilliant red canyon walls to our destination at Gateway Canyons Resort., Katle
Geissler, 970-708-0566, director@ustforkidsfoundation.org, justforkidsfoundation.org/
sign-up-to-ride

September 26, 2020 — Tour of the Moon, Roll Massif, Grand Junction, CO, Made famous in the 1980's Coors Classic and later in the cycling movie American Flyers. Its legacy continues as one of the premier road cycling events in the western United States. Tiacy Powers, support@rollmassif.com, rollmassif.com

September 27-October 3, 2020 — OATBRAN, Lake Tahoe, NV, 29th annual One Awesome Tour Bike Ride Across Nevadal Following the Legendary Pony Express Trail on U.S. Hwy. 50. 5 days of ridling, 420 miles from Lake Tahoe to Great Basin National Park. Fully Supported motel style tour... limited to 50 participants., Curtis Fong, 800-565-2704, 775-771-3246, tgfl@bikethewest.com, bikethewest.com

October 3, 2020 — Pink Ribbon Tour, Pocatello, ID, Centered on building awareness for breast cancer while raising funds for local cancer patients and providing access to early detection mammograms. Distances of 50, 35, 20, and 8.5 miles, Bruce Wayne, 208-851-2329, traskb1@yahoo.com, pinkrib-bontour.org

October 3, 2020 — Levi's GranFondo, Santa Rosa, CA, America's Premier Gran Fondo. Options range from an easy 9 miles for kiddos to a mammoth 117 miles to challenge experts and professionals. Ride your bike along the edge of the continent and meet the sea., Bike Monkey , 707-560-1122, info@bikemonkey.net, www.levisgranfondo.com

October 3-10, 2020 — California Coast Classic, San Francisco, CA, The Arthritis Foundation's 20th Annual California Coast Classic Bike Tour is a scenic bike ride that takes place over eight days and covers 525 miles along the coast on Highway 1. The Tour starts in the heart of San Francisco and ends on the iconic strand of Los Angeles. Shannon Marang Cox. 909-489-2217, smarangcox@arthritis.org., arthritis.org/events/bike-event

October 10, 2020 — Tri-States Gran Fondo Mesquite, NV, 112 miles, 7,500ft of climb



- ing, three States Nevada, Arizona, Utah, all in one spectacular day of cycling. Fully supported / Chip Timed., Deborah Bowling, 818-889-2453, embassy@planetultra.com, tristatesaranfondo.com, planetultra.com
- October 10, 2020 Park to Park Pedal Extreme Nevada 100, Callente, NV, Road bike ride starting and ending at Kershaw-Ryan State Park. Cyclists visit the towns of Callente and Ploche, and three other state parks: Cathedral Gorge, Echo Canyon, and Spring Valley. 3 rides available: 100, 60 and 40 mile options. There is a Dutch oven dinner at the endl, Dawn Andone, 775-728-8101, cathedralgorge vc@lcturbonet.com, parktoparkpedal.com, lincolncountynevada.com/exploring/biking/park-to-park-pedal.
- October 11, 2020 Elephant Rock, Roll Massif, Castle Rock, CO, This year we have three road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles). Tracy Powers, support@ rollmassif.com, rollmassif.com
- October 11, 2020 Strawberry Fields Forever, Watsonville, CA, 30,60, and 100 mile touring loops of beautiful Santa Cruz and Monterey Counties, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish., Robert Leibold, 209-604-1354, velopro1@gmail.com, www.strawberryfields.org
- November 7, 2020 Tour de Summerlin, Las Vegas, NV, 80, 40, 20 mile routes, circumnavigates Las Vegas., Randy Mcghie, 702-252-8077, randy@mcghies.com, Tour de Summerlin , info@teamamc.net, tourdesummerlin.com
- November 7, 2020 Veloswap, Denver, CO, Huge bike swap and expo, Tracy Powers, support@rollmassif.com, rollmassif.com, veloswap.com
- November 8, 2020 Canyon Belgian Waffle Ride, San Diego, CA, Pain and suffering will commence at 7 a.m. featuring four waves predicated on riders' USAC categories. The expo will remain open on Sunday throughout the duration of the event until the beers, jeers and awards are distributed for all the day's heroic efforts. Michael Marckx, 760-815-0927, mmx@MonumentsofCycling.com, belgianwaffleride.bike
- November 21, 2020 Death Valley Century, , Death Valley, CA, 50 and 100 mile options. Entry includes chip timing; fully stocked checkpoints along the route with water and a great selection of food and snacks; roving SAG support; tech tee and finish line award. Start at The Ranch at Furnace Creek Resort., Deborah Bowling, 818-889-2453, embassy@planetultra.com, planetultra.com
- April 10, 2021 Boulder Roubaix Road Race, Boulder, CO, First held in 1990 and now every other year just north of cycling mecca Boulder, this is an amazing 19 mile loop with mixed terrain, Chris Grealish, 303-619-9419, chris@dbcevents.com, dbcevents.com
- June 13-18, 2021 Ride the Rockies, CANCELLED, Durango, CO, Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2021 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Proceeds benefit Colorado nonprofits through The Denver Post Community Foundation, Ride The Rockies , 303-954-6700, ridetherockies@denverpost.com, tidetherockies.com
- June 19, 2021 Ride Around the Rubies, Lamoille, NV, New date: Gravel Grinder! See the Ruby Mountains like you've never seen them before, on the summer solstice, June 20, 2020. This one-day bicycle ride or race begins and ends in scenic Lamoille, Nevada. Choice of a 36, 62 or full 117 mile loop on pavement, gravel and dirt roads, Ride it or race itl, Kerry Aguirre, 775-397-1922, kerry.aguirre@gmail.com. ridearoundtherubles.com
- June 26, 2021 Cheyenne Superday Tour de Prairie, Cheyenne, WY, This long-distance course heads south past the Capitol before heading west under I-25 and up Happy Jack Road to Vedauwoo. Get ready for some fresh air and swift elevation changes! The Tour de Prairie features 25-, 50-, 75 and 100-mile rest stations/turn around points Breakfast and lunch are included for regis tered Tour de Prairie riders., Lori DeVilbiss, 307-773-1044, Idevilbiss@cheyennecity.org, www.CheyenneEvents.org, www.CheyenneRecorg

#### Multisport Races

- June 20, 2020 Tribella Triathlon, Aurora, CO, Women's only tri, sprint, super sprint, Cherry Creek Reservoir, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.
- June 21, 2020 Boulder Sunrise Triathlon, POSTPONED, Boulder, CO, Join us in celebrating the start of summer in the triathlon capital of the country, Boulder, CO. An athlete favorite with its breath-taking sunrise swim, fast bike and smooth run course, all with the flatirons painted in the background. Includes olympic, sprint, Relay, duathlon, Aquabike, 10k, and 5k. Coupon code: BSRCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.
- June 27, 2020 Dino Tri, CANCELLED, TriUtah Points Series, Vernal, UT, 13th Annual. Sprint and Olympic Distance Triathlon. Race starts with an open swim at Red Fleet state park. The bike starts with a crazy hill climb out of the park and heads into town for a run and finish at Utah State Extension. One of the most beautiful triathlons in Utah, Brogg Sterrett, 702-401-6044, race@triutah.com, Greg Murphy, 801-656-5897, vernaldinotri@yahoo.com, triutah.com
- June 27, 2020 XTERRA Tahoe City, XTERRA America, Tahoe City, CA, Qualifying race for the XTERRA USA Championship. Triathlon and Duathlon and sprint triathlon., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/xterro-lake-tahoe/.xterroplaget.com
- June 28, 2020 Ironman 70.3 Coeur D'Alene, Coeur D'Alene, ID, Begins with a 1.2 mile swim

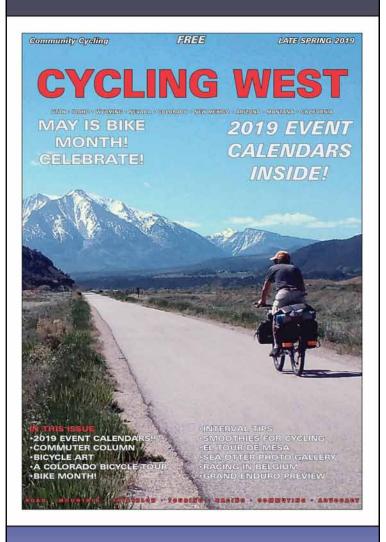
- in Lake Coeur d'Alene.A 56-mile winding bike course follows with the run loop along the shores of the lake to finish., 303-444-4316, cda70.3@ironman.com, ironman.com/triathlon/events/americas/ironman-70.3/coeur-dalene.aspx#/axz250enu9IP6
- July 10-11, 2020 San Rafael Classic Triathlon, CANCELLED for 2020, Huntington, UT, Huntington State Park, Olympic distance tri, Olympic team relay, Sprint Tri, Sprint team relay, spring swim/bike duathlon, sprint bike/run duathlon, youth tri. New: paddle board tri (sprint) and a paddle board race. Friday night activities offer live music during the pasta dinner. Body marking and packet pickup available. Friday night. Camping available. Reservations necessary to ensure campsite. Held on a closed course. Special prizes and awards will be issued to the athletes, Wade Allinson, 435-609-3126, allinson, 20gmail.com, sanrafaelclassic.com
- July 11, 2020 Echo Triathlon, CANCELLED, TriUtah Points Series, Coalville, UT, 19th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Rail Trail makes for the perfect event for both seasoned athletes and beginners. 600 rider cap., Brogg Sterrett, 702-401-6044, race@titultah.com, friutah.com
- July 11, 2020 Cache Valley Super Sprint Triathlon, Logan, UT, Held at the Logan Aquatic Center. This race is a great pool triathlon with a 500 meter serpentine swim, 12.4 Mile bike on the Mendon Road which is a flat straight paved road out along farm lands, 3.1 Mile Run on the Logan River Trail under a canopy of trees. For those racers who want to do it Olympic style they will do it twice in an F1 format., Joe Coles, 801-335-4940, loe@onhillevents.com, ovsst.com, onhillevents.com
- July 11, 2020 Logan Tri, Logan, UT, Cache Valley Super Sprint Tritathlon, Joe Coles, 801-335-4940, joe@onhillevents.com, onhillevents.com
- July 12, 2020 Mountain Man July Triathlon
   Olympic / Sprint, Alipine, WY, 600 m swim
  across the Snake River!, 17km Gravel/Road
  bike leg through the East Alpine Foothills, and
  7km trail run along the Greys River. Finish in
  downtown Alpine. Benefits Alpine Fire & EMS,
  Star Valley Search & Rescue and Star Valley
  Medical Center Charitable Foundation, held
  in conjunction with Alpine Mountain Days,
  Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantiathlon.org
- July 12, 2020 Boulder Peak Triathlon, Boulder, CO, Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.com
- July 12, 2020 Mountain Man August Triathlon
   Olympic / Long, Alpine, WY, 600 m swim
  across the Snake River!, 17km Gravel/Road
  bike leg through the East Alpine Foothills, and
  7km trail run along the Greys River. Finish in
  downtown Alpine. Benefits Alpine Fire & EMS,
  Star Valley Search & Rescue and Star Valley
  Medical Center Charlitable Foundation, held
  in conjunction with Alpine Mountain Days,
  Pam Wolfley, 307-885-5956, pwolfley@svmcwy.org, mountainmantiathlon.org
- July 18, 2020 XTERRA Beaver Creek, XTERRA America Tour, Avon, CO, The last of four regionals in the XTERRA America Tour, featuring sprint and championship distance off-road triathlon options., Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterrapleavercreek.com
- July 18-19, 2020 Donner Lake Triathlon, Truckee, CA, One of the best! The Donner Lake Triathlon is a favorite California Triathlon of many triathletes. The venue, setting, and course offer a truly beautiful and challenging experience. Join us in July in Truckee, California! Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Kids Triathlon, Aquabike, Aquathlon | Duathlon, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley Wchroy, Kiley@bigblueadventure.com, bigblueadventure.com, don-
- July 19, 2020 Tri Boulder, BBSC Twin Tri Series, Boulder, CO, One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation, Sprint, Olympic, and Half distances. Coupon code: TBCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/triboulder
- July 26, 2020 Steamboat Lake Triathlon, Steamboat Lake, CO, Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake, Lance Panigutti, 303-408-1195, <u>lance@withoutlimits.com</u>, withoutlimits.co
- August 1, 2020 XTERRA Indian Peaks, XTERRA America Tour, Eldora, CO, time trial start on a chilly 1000 meter swim, followed by a 600 meter run to the transition area, a very hilly but beautiful 22km bike ride on the roads and single track of the Eldora Nordic Center, and finally a 7km run on the eastern trails of the Eldora Nordic Center, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com
- August 2, 2020 Stagecoach Gravel Tri, Steamboat Springs, CO, 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim. Also Gravel Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.
- August 7, 2020 The Lunatic Triathlon, Helper, UT, Held under the Full Moon! Choose between a Kids Triathlon, 5k Run, Run-Bike Duathlon,Mini-Sprint Triathlon, Sprint Triathlon, Unicycle Triathlon or an off-road singletrack course, Scott Merrell, 435-650-0345, scott@ lunatictriathlon.com, lunatictriathlon.com
- August 8, 2020 Jordanelle Triathlon, TriUtah Points Series, Park City, UT, 21st annual, Enjoy everything from the wildlife and boardwalks on the river bottoms in Rock Cliff Recreation Area at Jordanelle to the local country backdrop of the towns of Francis and Woodland., Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com
- August 9, 2020 Steamboat Triathlon, Steamboat Springs, CO, Sprint and Olympic distances, at Lake Catamount, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-

- 408-1195, lance@withoutlimits.com, without-
- August 15, 2020 TriathaMom, Riverton, UT, Women only triathlon at the Riverton Country Pool. 300 yard swim, 12 mile bike ride, and 5k run. Carnival style cheering section provided for families of participants., Cody Ford, 801-558-2503, 801-432-0511, cody@ustrisports.com, Aly Brooks, alybrooks@gmail.com, gotriathamom.com
- August 15, 2020 XTERRA Lake Tahoe, XTERRA America, Incline Village, NV, XTERRA, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. Bike Tunnel Creek, and then onto the Flume Irail, which overlooks Lake Tahoe to the Tahoe Rim Trail. Both the Short and Long course complete the 22 mile bike, approximately 4000 feet of climbing. The trail running course is relatively flat, fast and scenic., Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com/event/yxterra-lake-tahoe/, xterraplanet.com
- August 16, 2020 Outdoor Divas Triathlon, Longmont, CO, Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- August 22-23, 2020 Lake Tahoe Triathlon, Tahoma, CA, The Lake Tahoe Triathlon is a favorite California Triathlon of many triathletes. The venue, setting and course offer a truly beautiful and challenging experience. Join us annually the fourth weekend in August in beautiful Lake Tahoe, California for a great race and a time of your life! Half Triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike, Todd Jackson, 530-546-1019, todd@bigblueadventure.com, kiley@bigblueadventure.com, bigblueadventure.com
- August 22, 2020 Valkyrie Multisport Relay, Park City, UT, The picturesque course pays homage to Utah's spectacular Central Wasatch terrain, passing through Jordanelle and Deer Creek State Parks, Wasatch and Utah County, Uinta National Forest, American Fork Canyon, and the communities of Midway, Heber, American Fork, Pleasant Grove, Highland, Cedar Hills, and Lehi., endurancesportssummit@gmail.com, endurancesportssummit.com/valykrie-relay/
- August 23, 2020 Wild Ride Mountain Triathlon (USAT American Tour Points), Wild Rockies Series, McCall, ID, Ponderosa State Park at Payette Lake, 3/4-mile swim, a 18.5-mile mountain bike and a 6.2-mile trail run, mass start at 9 am in the Park and the finish line festivities begin at noon with the racer feed and music., Darren Lightfield, 208-608-6444, wildrocklesemall@yahoo.com, wildrockles-racing.com, webscorer.com
- August 23, 2020 Boulder Sunset Triathlon, Boulder, CO, Summer may be coming to an end, but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon, a local favorite. Includes olympic, sprint, duathlon, Aquabike, 10k, and 5k. Coupon code: BSCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/bouldersunset
- September 5, 2020 Lookout Mountain Triathlon, Golden, CO, 525 Yard Swim, 10 Mile Bike, 5K Run. Mt. Vernon Canyon Club just west of Golden, CO, Paul Karlsson, 303-960-8129, info@digdeepsports.com, digdeepsports.com
- September 7, 2020 Murray Youth and Family Triathlon, Murray, UT, A youth and novice triathlon for ages 5-85. Distances follow USAT recommendations for each age group. Novice adults compete at the same distance as 11+ age groups. Please see Murray City Recreation, call 801-264-2614, Jo Garuccio, 801-566-9727, 801-557-6844, Jo@agegroupsports.com, mcreg.com, murray. utah.gov
- September 7, 2020 South Davis Labor Day Triathlon, South Davis Racing Series, Bountiful, UT, Now a virtual race! Start at 8:00 am, Swim 350 yds; Bilke 12.02 mi; Run 5k, relay: Split the Sprint between 2-3 racers, Novice: Swim 150 yds; Bilke 2.5 mi; Run 1.5 miNovices start at: 8:45amlocation: South Davis Recreation Center; 550 N 200 W, John Miller, 801-298-6220, john@southdavisrecreation.com, Cindy Hunt, 801-298-6220, cindy@southdavisrecreation.com, southdavisrecreation.com, southdavisrecreation.com
- September 12, 2020 Brineman Triathlon, TilUtah Points Series, Syracuse, UT, 4th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/ flat run, but this year it's also the home of the first ever Olympic Course Utah State Triathlon Championship. Sprint, Olympic, and Long Courses, Brogg Sterrett, 702-401-6044, race@triutah.com, triutah.com,
- September 12-13, 2020 Desett's Edge Triathlon Festival; Dirt Tri & Road Tri, Fruita, CO, The Desert's Edge Tri Festival brings you two days of racing, a weekend of camping with other triathletes and their fans, and a fun end to the Colorado Tri Season. Desert's Edge weekend includes your choice of Off-Road Sprint (not eligible for points) or Off-Road Tri on Saturday, your choice of Sprint or Olympic distance road triathlons on Sunday!, John Klish, 970-744-4450, 573-366-3681, madness@madracingcolorado.com, DesertsEdgeTri.
- September 12, 2020 Harvest Moon Triathlon, Boulder, CO, Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195, lance@withoutlimits.com, withoutlimits.co
- September 19-20, 2020 XTERRA USA/Pan American Championship and XTERRA Utah Sprint Race, XTERRA America Tour, Ogden, UT, XTERRA Utah, two distance options: 750m / 19K mountain bike / 5K trail and 1.5k swim/ 30k mountain bike / 10k trail run; XTERRA USA/Pan America Championship: 1.5k swim / 30k mountain bike / 10k trail run, Raena Cassidy, 877-751-8880, info@xterraplanet.com, xterraplanet.com, xterraplanet.com, xterraplanet.com
- September 19, 2020 Ironman St. George North American Pro Championship, St. George, UT, 2.4 mile swim, 112 mile bike,

- 26.2 mile run. Start: Sand Hollow reservoir. Bike through Snow Canyon State Park, Finish Downtown St. George, Ironman , 303-444-4316, stgeorge70.3@ironman.com, Kevin Lewis, 435-986-6615, Kevin@visitstgeorge.com, ironmanstgeorge.com
- September 19, 2020 Kokopelli Triathlon, BBSC Triathlon Series, Hurricane, UT, This family-friendly event at Sand Hollow Reservoir has something for everyone! Featuring a Sprint, Olympic, Duathlon, Aquablike, 10k and 5k distances. Coupon code: KOKOCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/kokopelli
- September 19, 2020 Bear Lake Brawl Triathlon, St. Charles, ID, This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the rockles. In 2019 the course will go around the lake again for the Half and Full. This course is primarily flat with rolling hills. The East side of the lake road just had a resurfacing in 2018 so it should be the fastest for this race., Joe Coles, 801-335-4940, joe@onhillevents.com, beatlakebrawl.com, onhillevents.com
- September 20, 2020 Oktoberfest Triathlon, Longmont, CO, Union Reservoir, Sprint, Lance Panigutti, 303-408-1195, <u>lance@withoutlimits.com</u>, withoutlimits.co
- September 20, 2020 Tahoe Adventure Challenge, Truckee, CA, A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. Designed such that participating teams will complete in an 8 hour maximum time format. Teams travel on land and lake to gather as many checkpoints as possible and finish within the 8 hour time limit. Todd Jackson, 530-546-1019, todd@bigblueadventure.com, Kiley McInroy, kiley@bigblueadventure.com, bigblueadventure.com, great-trailitage.com
- October 3, 2020 Las Vegas Triathlon, BBSC Double Down Series, Boulder City, NV, The one and only Long course Triathlon, Duathlon

- and Aquabike is happening at Lake Mead, featuring iconic views of the lake that cannot be experienced anywhere else. Featuring a Half, Olympic, Sprint, Duathlon, Aquabike, and 10k, 5k, Boulder Beach, Lake Mead. Coupon code: LVTRICW2020, Craig Towler, 318-518-7303, into@bbsctri.com, Michelle Lund, michelle@bbsctri.com, www.bbsctri.com/lasvegastri
- October 10, 2020 Huntsman World Senior Games Triathlon, St. George, UT, Triathlon, Must be 50 years or older. 450 Meter Outdoor Swim, 20K Bike, 5K Run. It's the best little triathlon in the world., Kyle Case, 800-562. 1268, 435-674-0550, hwsg@seniorgames.net.seniorgames.net
- October 24, 2020 Southern Utah Triathlon, Hurricane, UT, Sprint and Olympic. Held at Quall Creek Reservoir, Temps are ideal for triathlons with water temps in the high 60's to low 70's and air temps in the 70's. This venue is truly beautiful with mesas and buttes all around. Enjoy the red rock landscape of Southern Utah. , Joe Coles, 801-335-4940, joe@onhillevents.com, southernutahtriathlon.com, pobliglevents.com.
- October 24, 2020 Pumpkinman Triathlon, BBSC Double Down Series, Boulder City, NV, This point-to-point race starts at Lake Mead and finishes at Wilbur Square in Boulder City. This race will once again host the Rocky Mountain Collegiate Conference, with an Olympic wave start for all college athletes. Coupon code: PMANCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@bbsctri.com, bbsctri.com/pumpkinmantri
- May 22, 2021 Sand Hollow Triathlon, BBSC Tri Series, Hurricane, UT, The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Aquabike, 10k, and 5k distances. Bike along scenic sand dunes, and run around a gorgeous, reflective lake. Coupon code: SHCW2020, Craig Towler, 318-518-7303, info@bbsctri.com, Michelle Lund, michelle@ bbsctri.com, bbsctri.com/sandhollow

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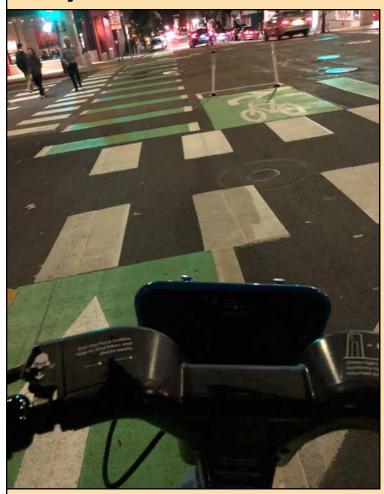


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# **ADVOCACY**

# Study: Bike Lanes Are Better for Business



Berkeley bike lanes are good for business. Photo by Dave Iltis

#### By Katy Swordfisk

Despite longstanding popular belief, bicycle lanes can actually improve business. At worst, the negative impact on sales and employment is minimal, according to a new study from Portland State's Transportation Research and Education Center (TREC).

The report is part of a larger National Street Improvements Study, conducted by Portland State University, with support from consulting firm Bennett Midland and the cycling-advocacy nonprofit PeopleForBikes. The study was funded by The Summit Foundation and the National Institute for Transportation and Communities.

Researchers studied 14 corridors in 6 cities — Portland, Seattle, San Francisco, Memphis, Minneapolis

and Indianapolis — and found such improvements had either positive or non-significant impacts on sales and employment. Essentially, adding improvements like bike lanes largely boosted business and employment in the retail and food service sectors.

"I think that it is very significant that we found that positive business outcomes to the food service and retail industries on these corridors are persistent, even when we looked at different data metrics on employment or sales or when different analytical methods are utilized," said Jenny Liu, associate professor in the Toulan School of Urban Studies &

Past studies examined the effects of street improvement corridors within specific cities, but this study is among the first to apply consistent and robust analytical approaches across multiple corridors and multiple cities.

The findings also provide policymakers and planners with an analytical framework and further evidence to support investment in non-motorized transportation infra-

"The Street Improvement Study supports with data what we have seen in many communities: adding bicycle infrastructure boosts a neighborhood's economic vitality,' said Zoe Kircos, director of grants and partnerships at PeopleForBikes. "Our collaboration with Portland State University and Bennett Midland on this research gives us more resources to share with cities across the U.S. that are eager to make bicycling safer and easier for everyone."

Liu added that the partnership between PSU, PeopleForBikes and Bennett Midland contributed significantly to the end products that are directly targeted to planners and policymakers. The study produced in-depth reports for Portland, Seattle, San Francisco, Memphis, Minneapolis and Indianapolis.

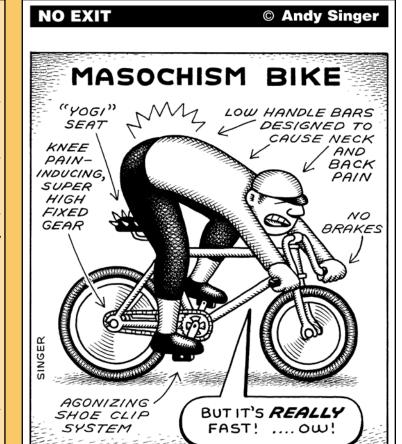
Nationally, the study found the food service industry benefits most often from the addition of transportation infrastructure.

Even in cases where a motor vehicle travel lane or parking was removed to make room for a bike lane, food sales and employment tended to go up, according to the

"There is tremendous potential to expand on what we learned in this research project to additional cities and corridors, and to provide policymakers with the opportunity to evaluate street improvement projects before implementation or to collect additional economic/business metrics before and after implementation," Liu said.

Reference: Liu, Jenny H., and Wei Shi. Understanding Economic and Business Impacts of Street Improvements for Bicycle and Mobility-A Multicity Multiapproach Exploration. No. NITC-RR-1031-1161. (https://nitc.trec.pdx.edu/research/ project/1031/)

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#### **BICYCLE ART**

Pedal On - The Bicycle Art of Susan Adamé



Artist: Susan Adamé Title: Pedal On Medium: Oil on Canvas Size: 16x16

#### **Artist's Statement**

When my husband Tom and I are on scenic drives, I love taking photos out of the passenger side window. These quick shots have often become inspirations for some of my paintings. The fact that they lack detail can sometimes be an advantage when I later come to simplify a painting into essential elements. The reference for this painting, titled "Pedal On," was taken on one of my favorite drives in Napa, California

on the Silverado Trail. Silverado Trail is one of the most popular routes for road cycling in the Napa Valley.

#### Background

Susan Adamé's varied art career has included 23 years working in clay, during which time she opened and operated an art gallery for nine years. She spent ten years as a textile designer in SF with an overlapping ten years as a collage artist, before moving into painting. Her work has been carried by the San Francisco Museum of Modern Art Artist Gallery and was placed in many well-known locations, including Green's Restaurant in San

Francisco and the Alameda County Courthouse. Her collage work was commissioned for numerous medical institutions across the country as it was seen as positive and uplifting. Susan's involvement in the artwork has extended to volunteering in the Albany, California community for over 30 years, which included drafting the city public art ordinance while she was on the Albany Arts Committee. During her time on that City body, Susan met Amy Smolens, another volunteer in the community. Susan was greatly impressed with the completeness of Amy's presentation to that Committee and her commitment to the installation of artistic bike racks in Albany. Amy

had everything worked out ahead including the design, locations for the racks, and the funding, so it was immediately approved. The Arts Committee approved 6 Dero "Bike Bike Racks" in 2012, and the program has grown so we now have 66 in our town of 1 square mile. During this difficult time in which we all are Sheltering in Place, a friend inspired her to give away her artwork as a way to help bring enjoyment to others. As she put it, "No strings attached - I am trading cheer for goodwill."

As soon as Susan thought of giving away her only bike painting, Amy came to mind as the most deserving. Amy had this to say about Pedal On, "When I first moved to Albany in 1986, Susan owned Adamé Ceramics, a lovely shop featuring local art, including her own. I bought a lamp and some beautiful ceramic platters & bowls...but I didn't know her well until last week. It's so generous of her to gift her paintings during Shelter in Place and I was honored to be one of her recipients. "Pedal On" now brightens up my living room, where I'm spending more time than I ever have!"

For more of Susan Adamé's art, see: <u>susanadameart.com</u>



# **SHIFT GEARS**

The Huntsman World Senior Games is the largest annual multi-sport event in the world for athletes age 50 and better. The 2020 Games takes place October 5 - 17, in St. George, Utah, and welcomes over 11,000 athletes from all around the globe. With 35 different sports, including cycling, mountain bike, triathlon and trail running, all set amid the most beautiful red rock anywhere, there is something for you.

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